

Class Schedule

Creating Personal Fitness Solutions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-8:00 am Bootcamp/ Afterburn	5:45-6:30 am Afterburn		5:45 - 9:00 am Bootcamp/ Afterburn	7:30-9:15 am Bootcamp Open Attendance
7:00-8:00 am Trainer/Client Choice	Open Attendance	7:00-9:00 am Bootcamp/ Afterburn	7:00-8:00 am Trainer/Client Choice		
9-9:45am CardioCore	9-9:45 am TRX Burn		9:00-9:45 am Lift	Open Attendance	9:15-10:00 am Afterburn
10:00-11:00 am Bootcamp		10:00-11:00 am Bootcamp		10:00-11:00 am Bootcamp	
					Sunday
4:30-6:00 pm Trainer/Client Choice		4:30-6:00 pm Bootcamp/ Afterburn Open Attendance			Closed
6:15-7:15 pm TRX Burn	6:30-7:15 pm CardioCore		6:30-7:15 pm Lift		



Fitness Your Weigh
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Call, Text or Email your scheduling changes:

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*24 Hour Cancellation Policy Applies