



KINETIC FITNESS

**PERSONAL TRAINING
AND GROUP FITNESS SOLUTIONS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.15A.M	HOT MOMMA	THUMP	HOT MOMMA	THUMP	HOT MOMMA	9.00A.M THUMP
9.30A.M	QUANTUM YOGA	AB FAB	QUANTUM YOGA	AB FAB	QUANTUM YOGA	10.00A.M TRXACTION
6.30P.M	TRXACTION	THUMP	TRXACTION	THUMP	TRXACTION	11.00A.M FIT KIDS
7.30PM	9.00PM MAN UP	AB FAB	9.00PM MAN UP	AB FAB	9.00PM MAN UP	12.00P.M TOTAL TRX

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