

FUSION FITNESS AND YOGA SCHEDULE

as of 3/1/10 / SCHEDULE SUBJECT TO CHANGE

(ALL 6:30 AM & 7:00 AM CLASSES MUST BE PRE-REGISTERED ON-LINE BY 9 PM NIGHT BEFORE)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM PRE-REGISTER			FX BOOT CAMP RITA STARTS TBA				
7:00 AM PRE-REGISTER		FX FUSION EXTREME BRENDA		FX FUSION EXTREME JUNIOR	FX BOOT CAMP PEGGY STARTS TBA		
7:30 AM						WARM BARKAN FLOW YOGA* DEBBIE W.	
8:00 AM				FX CARDIO JUNIOR			
8:30 AM	KETTLEBELL CARDIO DEBBIE W.		FX CORE DEBBIE W.		FX-LB JUNIOR		
9:00 AM		CARDIO BARRE FUSION ANDREA G.		CARDIO BARRE FUSION DEBBIE W.		HATHA YOGA REBECCA	
9:15 AM							VINYASA YOGA* DEBBIE W./ ANDREA M.
9:30 AM	WARM FLOW YOGA* RANDI		FX CARDIO JUNIOR		VINYASA YOGA DEBBIE W.		
10:00 AM				TBA		CARDIO BARRE FUSION ANDREA G.	
10:45 AM							GENTLE/ PRE-NATAL YOGA REBECCA
11:00 AM					TRX CIRCUIT JENN P.	COMMUNITY YOGA MARNEY STARTS 3/13	
LUNCH TIME EXPRESS	1:00 PM HARD CORE JEN K.	12:15 PM VINYASA YOGA DEBBIE S.	12:15 PM VINYASA YOGA MARNEY	12:15 PM YOGALATES DEBBIE W.	12:15 PM HIP OPENER YOGA ILEANA		
3:30 PM					KIDS YOGA TAMARA	VINYASA YOGA^ DEBORAH S.	
4:30 PM					VINYASA YOGA^ DEBBIE W./ DEBORAH S.		
5:30 PM	CARDIO BARRE FUSION ANDREA G.	TRX GROUP CONDITIONING• KIM	FX TURBO FIT MEGYN	KETTLEBELL/FX DEBBIE W.			
6:30 PM	HATHA YOGA REBECCA S.	YOGALATES DEBBIE W.	HATHA YOGA* MARNEY	FX YOGA VINYASA DEBBIE W.			
7:30PM	TRIATHLETE CONDITIONING MIMI						

* 75 minute class / ^ 90 minute class

Schedule of Fees (prices subject to change)

1 Class = \$14 / 5 Classes = \$65 / 10 Classes = \$120 / 20 Classes = \$200 / Monthly Unlimited = \$110
 Student Class = \$9 / 5 Student Classes = \$42.50 / 10 Student Classes = \$80 / Community Class = \$6

•TRX Group Suspension Training Classes

reservations required & space is limited / reserve & pay online to confirm your space

CHECK ONLINE FOR SCHEDULE CHANGES / Register and pay for classes online or at the studio
 10000 West Sample Road / Coral Springs / between University Dr. & Coral Springs Dr.

954.345.YOGA (9642) / Gift Certificates Available / www.FUSION-FITNESS-YOGA.com