

# **Fitness On The Go**

## **Schedule**

**Monday:** 5:00am, 5:30, 6:15, 7, 8, 9, 10, 11, 12:15pm 4:30, 5:30, 6:30

**Tuesday:** 5:00am, 5:30, 6:15, 7, 8, 9, 10, 11, 12pm, 4:30, 5:30, 6:30

**Wednesday:** 5:00am, 5:30, 6:15, 7, 8, 9, 10, 11, 12:15pm, 4:30, 5:30, 6:30

**Thursday:** 5:00am, 5:30, 6:15, 7, 8, 9, 10, 11, 12pm, 4:30, 5:30, 6:30

**Friday:** 5:00am, 5:30, 6:15, 7, 8, 9, 10, 11, 12:15pm, 4:30, 5:30, 6:30

**Saturday:** 8, 9, 10 am

**Sunday-** Closed

**You can pop in for any class, no appointment needed. Go as often as you'd like.**

**If you have any question, please call 437-2378**