



Spring Hours of Operation

Monday - Thursday 8:30am – 9:00pm

Friday 9:00am – 7:00pm

Saturday 8:00am – 1:00pm

Sunday 9:00am – 1:00pm

Phone: 410-747-1680

www.MissFITBaltimore.com

facebook.com/MissFITBaltimore

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:30 	5:30 – 6:30 	5:30 – 6:30 	5:30 – 6:30 			
	8:30 – 9:30 		8:30 – 9:30 		8:30 – 9:30 	
9:30 – 10:30 	9:30 – 10:30 	9:30 – 10:30 	9:30 – 10:30 	9:30 – 10:30 	9:30 – 10:00 <i>BodyBURN</i> 10:00 – 10:30 <i>BodyBLAST</i>	9:30 – 10:30
10:30 – 11:30 	10:30 – 11:30 	10:30 – 11:30 	10:30 – 11:30 	10:30 – 11:30 	10:30 – 11:30 	10:30 – 11:30
					11:30 – 12:30 	11:30 – 12:30
3:30 – 4:30 		3:30 – 4:30 				
4:30 – 5:30 	4:30 – 5:30 	4:30 – 5:30 	4:30 – 5:30 	4:30 – 5:30 	Spring Schedule Effective April 1, 2013 <i>**Check out our Studio B Classes on the Back</i>	
5:30 – 6:30 	5:30 – 6:30 	5:30 – 6:00 <i>BodyBLAST</i> 6:00 – 6:30 <i>BodyBURN</i>	5:30 – 6:30 	5:30 – 6:30 		
6:30 – 7:30 	6:30 – 7:30 	6:30 – 7:30 	6:30 – 7:30 			
7:30 – 8:30 	7:30 – 8:30 	7:30 – 8:30 	7:30 – 8:30 			

ACTIVE
 POWER
 CENTERGY
 STEP
 KICK
 GROOVE
 BodyBURN
 BodyBLAST
 Zumba

Work your body from head-to-toe in this "one stop shop" class combining cardio, strength, and flexibility
 Give the word "body" a whole new definition in this energetic weight training class
 Change the way you feel about your body with this dynamic combination of yoga & pilates
 Push your fat burning system into high gear with this simple, athletic step workout
 Laugh a little as you kick, punch, and jab the pounds away with this energizing cardio workout
 Shake, shimmy, and smile your way through this high energy, yet easy-to-follow fitness, dance class
 Use your own bodyweight in this class created to tone your toughest areas ****NEW****
 Turn up your cardio fitness in this 30 minute class that mixes plyometrics and bootcamp drills ****NEW****
 Party your way into shape with this Latin-inspired, easy-to-follow, dance fitness class

CHILDCARE SERVICE IS AVAILABLE DURING ALL CLASSES EXCEPT AT 5:30AM