



MAY CLASS SCHEDULE

NO CLASSES MAY 24 - MAY 27. HAPPY MEMORIAL DAY!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM		CYCLE <i>Wendy</i>				CHECK GROUP FITNESS DOOR FOR SATURDAY SCHEDULE
7:30AM		TABATA BOOT CAMP <i>Debbie</i>			TABATA BOOT CAMP <i>Debbie</i>	FITNESS IN THE PARK SATURDAYS 9am
8:30 AM	ULTIMATE CYCLE <i>Wendy</i>	TOTAL BODY STRENGTH <i>Debbie</i>	ULTIMATE CYCLE <i>Wendy</i>	HOTBOX <i>Mirasol</i>	TOTAL BODY CONDITIONING <i>Debbie</i>	(Alternating Schedule) MORNING MIX UP <i>Various Instructors</i>
9:35 AM	30/30 STRENGTH CARDIO <i>Shonda</i>	RHYTHM & FLOW CYCLE <i>Shonda</i>	TOTALLY DEFINED <i>Debbie</i>	ULTIMATE FUSION <i>Shonda</i>	PILATES BARRE <i>Debbie</i>	YOGA FLOW <i>Elvis</i>
10:40AM	YOGA YEN <i>Elvis</i>	CORE & MORE <i>Shonda</i>	PILATES & CORE STRENGTH <i>Debbie</i>	CORE & MORE <i>Shonda</i>	YOGA FREE FLOW <i>Elvis</i>	
12:00PM	FIT FOR LIFE <i>Kelly</i>		FIT FOR LIFE <i>Kelly</i>	ZUMBA GOLD <i>Lisa</i>	FIT FOR LIFE <i>Kelly</i>	
5:35 PM	TOTAL BODY CONDITIONING <i>Debbie</i> <i>Begins 5:30pm</i>	HIIT <i>Shonda</i>	YOGA <i>Sue</i> <i>Begins 5:00pm</i>	RHYTHM & FLOW CYCLE <i>Shonda</i>	 <p>FITNESS IN THE PARK WITH Ultimate Fitness MAY FREE CLASS AT CITY CENTER PARK AT 9 AM 5-4 Zumba 5-11 HITT 5-18 YOGA</p>	
6:40 PM	PILATES CORE STRENGTHENING <i>Debbie</i> <i>Begins 6:20pm</i>	ZUMBA <i>Lisa</i>	MIXXEDFIT <i>Jennifer</i> <i>Begins 6:30pm</i>	SENSUAL BAR <i>Shonda</i>		
7:40 PM		HITT <i>Marisol</i>		HITT <i>Marisol</i>		

	<p>@ultimate_fitness_fayetteville Use phone to scan QR Code --></p>		<p>GROUP FITNESS CLASS UPDATES</p>
	<p>Ultimate Fitness Use phone to scan QR Code --></p>		