



OCTOBER 2018 Group Class Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING							
5:00 - 5:30		RiseFIT 30		RiseFIT 30		RiseFIT 30	
5:00 - 5:45			RiseFIT 45		RiseSTRENGTH		
5:45 - 6:45		RiseFIT 60		RiseFIT 60 RiseSTRETCH		RiseFIT 60	
6:00 - 7:00			RiseFIT 60		RiseFIT 60		
6:30 - 7:30							RiseFIT 60
7:00-7:45	RiseSTRENGTH						
7:45 - 8:45							RiseFIT 60
8:00 - 8:45	RiseSTRETCH	RiseFIT 45	RiseSTRENGTH RiseKICK	RiseFIT 45 RiseSTRETCH	RiseKICK RiseSTRENGTH	RiseFIT 45	
9:00 - 10:00	RiseFIT 60	RiseFIT 60				RiseFIT 60	RiseFIT 60 RiseSTRETCH
9:15 - 10:15			RiseFIT 60	RiseFIT 60	RiseFIT 60		
10:15 - 11:00		RiseFIT 45				RiseSTRENGTH	Family Time Workout
12:00 - 12:45		RiseSTRENGTH	RiseFIT 45	RiseSTRENGTH	RiseFIT 45	RiseSTRETCH	
11:30 - 1	Book Your Party**						Book Your PARTY**
2 - 3:30	Book Your Party**						Book Your PARTY**
EVENING							
4:00 - 5:00	RiseSTRETCH						RiseFIT 60
4:15 - 5:15			RiseFIT 45		RiseFIT 45		
4:30 - 5:15							
5:15 - 6:00			RiseKIDS RiseFIT 45		RiseKIDS RiseFIT 45		
6:00 - 6:30						RiseKICK+STRENGTH	
6:00 - 7:00							
6:15 - 7:15		RiseFIT 60	RiseFIT 60	RiseSTRENGTH	RiseFIT 60		
6:30 - 7:00							
7:15 - 8:15							
7:30 - 8:15			RiseKICK		RiseKICK		
8:30 - 10:00						Book Your Party**	Book Your Party**

Please go to www.risefit.com for class descriptions & to pre-register! Classes are subject to change.

*Call to schedule your private group aerial session. **Call to setup your RiseFIT Private Party, information available at www.risefit.com/kids