

S&S Fitness Gym and Martial Arts Center Class Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9 AM :15 :30 :45		9:00 - 9:40 Senior Stretch & Tone		9:00 - 9:40 Senior Stretch & Tone		9:00 - 9:40 Senior Circuit	9:30 - 10:15 Total Body Workout
10 AM :15 :30 :45							
11 AM :15 :30 :45							
12 PM :15 :30 :45							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM :15 :30 :45			5:30 - 6:30 Abs & Toning				
6 PM :15 :30 :45					6:00 - 7:00 Aerobic Kickboxing		
7 PM :15 :30 :45							

11/13/2022