

# CLASSES



## Monday

6:30am Bootcamp  
9:30am Zumba  
9:30am Body Blast  
5:30pm Tone Blast  
6:30pm Piloxing  
7:30pm Zumba Toning

## Tuesday

6:15am Flex-Pilates  
9:30am Dance & Tone  
12:30pm Booty Blast  
5:30pm Badass  
6:30pm Spin  
7:20pm Bootcamp Circuits

## Wednesday

6:30am Abs Blast  
9:30am Zumba Toning  
5:30pm Kettlercise  
6:30pm Hiitstep  
7:15pm Zumba  
8:00pm Pilates

## Thursday

7:00am Spin  
9:30am Fitness Pilates  
5:30am Aerotone  
6:30am Circuits  
7:30pm HIIT Kettles

## Friday

6:15am Body Blitz  
9:30am Legs Bums Tums  
5:30pm Pop up Class

## Saturday

8:30am Spin  
9:15am Bootcamp

## Sunday

9:30am Legs Bums Tums  
10:30am Hiitstep

*\*Membership or*

*\*Pay as you go*

[carlagilderfitness.com](http://carlagilderfitness.com)