



UFit2 Fitness, LLC

UFit2 Fitness – PROGRESSIVE FITNESS CLASS SCHEDULE – SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am – PFP2 / M-F	7am – PFP2 / T-TH		7am – PFP2 / T-TH	7am – PFP2 / M-F	
8:15am – PFP2 / M-W	8:15am – PFP2 / T-TH	8:15am – PFP2 / M-W	8:15am – PFP2 / T-TH		
					9am – PFP1 Full Body
9:30am – PFP2 / M-TH			9:30am – PFP2 / M-TH		
					10:15am – Make up class
	10:40am – PFP2 / T-TH		10:40am – PFP2 / T-TH		
				11am – PFP1 Full Body	
					11:30am – Make up class
	12pm – PFP2 / T-TH	Noon – Crawl Circuit	12pm – PFP2 / T-TH		
5:30pm – PFP2 / M-W	5:30pm – PFP2 / T-TH	5:30pm – PFP2 / M-W	5:30pm – PFP2 / T-TH		
	6:40pm – PFP2 / T-TH		6:40pm – PFP2 / T-TH		

Note: Class size limited to 6 participants. Visit www.ufit2.com for details on pricing and how to reserve a time slot.