

FITLAB

FITNESS CLUB

Group Fitness Class Schedule - Nashua, NH

603-889-4653 – Group Fitness Director: KrisGirouard@yahoo.com

MONDAY

9:00 AM
SPINNING INTERVAL
MELISSA

9:15 AM
CARDIO FUSION -
MARY K

5:30 PM (45) TOTAL
BODY TONING
WEIGHT CLASS

MARK
6:15 PM (60)
KICKBOXING
MARK

**Effective date:
January 20,
2020**

TUESDAY

6:15 AM
CYCLE PARTY (30) – KIM

9:15 AM FULL BODY
STRENGTH– KATHY

4:30 PM
YOGA – FATIMA

5:30 PM (60)
ZUMBA – ASHLEY

6:00 PM
SPINNING INTERVAL
EILEEN H

**Join us on FaceBook
FITLAB Fitness
Group Exercise**

WEDNESDAY

9:15 AM
ZUMBA
SINCEREE

5:30 PM
CYCLE PARTY 30 MIN
KIM

6:15 PM (45) DYNAMIC
TONING - KIM

WELCOME TO CLASS!!

WINTER MONTHS –
NO SCHOOL OR
DELAYED =

NO AM CLASSES
CALL FOR OTHER
CLASSES.

THURSDAY

6:15 AM
CYCLE POWER HILLS (30) - KIM

9:15 AM
REPS & SETS
MELISSA

5:30 PM
KICKBOXING 30 MIN – KRIS
6:00 PM PILATES KRIS

6:00 PM
SPINNING STRENGTH - MELISSA

FRIDAY

9:15 AM
CARDIO CHISEL
COLLEEN

6:00 PM
POWER YOGA
FATIMA

SATURDAY

8:30 AM FULL BODY
EXPRESS

9:00 AM KICKBOXING

9:30 AM TOTAL
CORE/STRETCH

KIM

9:00 AM
SPINNING INTERVAL -
MELISSA

Sunday

8:30 – 9:15 AM
POWER PILATES
KRIS

9:15 AM
FUSION
BOOTCAMP KRIS

10:30 AM
YOGA - ROSE