

**** Starting February 1, 2012**

**Taylor'd Bodies
HIIT TO FIT™ CIRCUIT**

SAMPLE SCHEDULE for “Drop-In” Circuit Training

Mondays:	3:30 pm – 7:30 pm
Tuesdays:	7:00 am – 1:00 pm; 4:00 pm – 8:00 pm
Wednesdays:	8:15 am – 1:00 pm; 3:30 pm – 7:30 pm
Thursdays:	7:00 am – 1:00 pm; 4:00 pm – 8:00 pm
Fridays:	8:15 am – 1:00 pm
Saturdays:	9:15 am – 1:00 pm
Sundays:	11:30 am – 2:00 pm

Approx. 45 hours per week to “drop-in” for a 30-60 minute circuit training session.

**** Daily hours may be expanded once service begins.**

**** Last time to arrive is 30 minutes prior to closing.**

****Replacing the following “scheduled” fitness classes:**

- Monday 5:30 pm circuit
- Tuesday 5:15 pm circuit
- Tuesday 6:15 pm bootcamp
- Tuesday 7:20 pm circuit
- Wednesday 6:00 pm Having a BALL
- Thursday 5:15 pm circuit
- Thursday 6:15 pm bootcamp
- Thursday 7:20 pm circuit
- Saturday 9:15 am circuit