

THE FIT CLUB GYM™

thefitclubgym.com • (413)283-4455

GROUPFIT SCHEDULE

• 159 Wilbraham Street, Palmer •

MONDAY

6a FitCircuit
9:30a FitStrength

4p GLOVEClub

5p FitStrength
6p FitStrength

TUESDAY

9a FitCircuit

3:30p FitHIIT

4p FitKick
5p FitCircuit
6p FitStep

WEDNESDAY

6a FitStrength
9:30a FitStrength

5p FitTKO
5:30p **BARRE** HIIT
(blue room)

6p PIYO
6p FitCircuit (blue room)

THURSDAY

9a FitCircuit

4p GLOVEClub

5p FitCircuit
6p FitStep
6p HathaYoga
(blue room)
7p **BARRE** (blue room)

FRIDAY

9:30a FitCore&Step

5p FitHIIT:Booty

SATURDAY

9a FitHIIT
10a HathaYoga
10a **BARRE** (blue room)
11a GLOVEClub

SUNDAY

9a FitHIIT

like us   follow us
@thefitclubgym

RED annotates exclusive membership required