

March



2023

305-852-8623 www.froggysfitness.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GYM HOURS: Mon-Fri 5am-9pm Sat/Sun 7am-5pm	F.T.F <i>Fight to fit into your favorite jeans with this fun workout.</i> w/Maddie	Spin <i>Indoor cycling on a stationary bike.</i> w/Maddie (PM) w/Kaitlyn (Sat) (&) Boot Camp	Functional Fitness <i>HIIT-High Intensity Interval Training</i> w/Lindsay	Barre/Barre Brawl <i>Cardio and strength with a strong focus on core and balance.</i> (Brawl-kickboxing incl.) w/Bernice	FX-Fit <i>High intensity circuit training and cardio workout.</i> w/Fernando	Yoga <i>Strengthens, tones and increases flexibility.</i> w/Michele (&) S-T-R-E-T-C-H
Masseuse in House (w/Jill Hagan) Mondays 9-12pm Wednesdays 9-12pm Fridays 9-12pm			1 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp	2 8am F.T.F 5:30pm FX-Fit	3 8:30am Barre 9-12pm Masseuse	4 9am Spin Boot Camp
5	6 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	7 8:30am Barre 5:30pm FX-Fit 6:45pm Spin	8 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp 6:45pm Yoga	9 8am F.T.F 5:30pm FX-Fit 6:45pm STRETCH	10 8:30 am Barre 9-12pm Masseuse	11 9am Spin Boot Camp
12	13 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	14 8:30am Barre 5:30pm FX-Fit 6:45pm Spin	15 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp 6:45pm Yoga	16 8am F.T.F 5:30pm FX-Fit 6:45pm STRETCH	17 8:30am Barre 9-12pm Masseuse	18 9am Spin Boot Camp
19	20 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	21 8:30am Barre 5:30pm FX-Fit 6:45pm Spin	22 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp 6:45pm Yoga	23 8am F.T.F 5:30pm FX-Fit 6:45pm STRETCH	24 8:30am Barre 9-12pm Masseuse	25 9am Spin Boot Camp
26	27 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	28 8:30am Barre 5:30pm FX-Fit 6:45pm Spin	29 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp 6:45pm Yoga	30 8am F.T.F 5:30pm FX-Fit 6:45pm STRETCH	31 9-12pm Masseuse	