

May



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	Masseuse in House (w/Jill Hagan) Mondays 9-12pm Wednesdays 9-12pm
	1 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	2 8:30am Barre 6:45pm Spin	3 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp	4 8am F.T.F	5 8:30 am Barre	6 9am Spin Boot Camp
7	8 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	9 8:30am Barre 6:45pm Spin	10 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp	11 8am F.T.F	12 8:30 am Barre	13 9am Spin Boot Camp
14	15 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	16 8:30am Barre 6:45pm Spin	17 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp	18 8am F.T.F	19 8:30am Barre	20 9am Spin Boot Camp
21	22 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	23 8:30am Barre 6:45pm Spin	24 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp	25 8am F.T.F	26 8:30am Barre	27 9am Spin Boot Camp
28	29 8am F.T.F 9-12pm Masseuse 5:30pm Barre Brawl	30 8:30am Barre 6:45pm Spin	31 8am F.T.F 9-12pm Masseuse 5:30pm Boot Camp			