

# June



# 2023

305-852-8623 [www.froggysfitness.com](http://www.froggysfitness.com)

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