

September



2023

305-852-8623 www.froggysfitness.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GYM HOURS: Mon-Fri 5am-9pm Sat/Sun 7am-	F.T.F <i>Fight to fit into your favorite jeans with this fun workout.</i> w/Maddie w/Chris	Spin <i>Indoor cycling on a stationary bike.</i> w/Maddie (PM) w/Mayra (AM) (& Boot Camp)	Tabata High intensity interval training to include core, cardio and strength. w/Bernice	Barre Cardio and strength with a strong focus on core and balance. w/Bernice	Zumba Primarily aerobic dance workout...fun and calorie burning cardio. w/Biancia	Massage (w/Jill Hagan) Tuesdays 9:30am Wednesdays 9am
					1 8:30am Barre	2 9am Spin Boot
3	4 8am F.T.F 9:15am Spin 5:30pm Barre 6:30pm Zumba	5 8:30am Barre 9:30am Massage 6:30pm Spin Boot	6 9am Massage 5:30pm Tabata 6:30pm Zumba	7 8am F.T.F 9:15am Spin 5:30pm Spin	8 8:30am Barre	9 9am Spin Boot
10	11 8am F.T.F 9:15am Spin 5:30pm Barre 6:30pm Zumba	12 8:30am Barre 9:30am Massage 6:30pm Spin Boot	13 8am F.T.F 9am Massage 5:30pm Tabata 6:30pm Zumba	14 8am F.T.F 9:15am Spin 5:30pm Spin	15 8:30am Barre	16 9am Spin Boot
17	18 8am F.T.F 9:15am Spin 5:30pm Barre 6:30pm Zumba	19 8:30am Barre 9:30am Massage 6:30pm Spin Boot	20 8am F.T.F 9am Massage 5:30pm Tabata 6:30pm Zumba	21 8am F.T.F 9:15am Spin 5:30pm Spin	22 8:30am Barre	23 9am Spin Boot
24	25 8am F.T.F 9:15am Spin 5:30pm Barre 6:30pm Zumba	26 8:30am Barre 9:30am Massage 6:30pm Spin Boot	27 8am F.T.F 9am Massage 5:30pm Tabata 6:30pm Zumba	28 8am F.T.F 9:15am Spin 5:30pm Spin	29 8:30am Barre	30