

October



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	2 8am F.T.F 9:15am Spin 5:30pm Barre 6:30pm Zumba	3 8:30am Barre 9:30am Massage 6:30pm Spin Boot	4 9am Massage 5:30pm Tabata 6:30pm Zumba	5 8am F.T.F 9:15am Spin 5:30pm Spin	6 8:30am Barre	7 9am Spin Boot
8	9 9:15am Spin 5:30pm Barre 6:30pm Zumba	10 8:30am Barre 9:30am Massage 6:30pm Spin Boot	11 8am F.T.F 9am Massage 5:30pm Tabata 6:30pm Zumba	12 8am F.T.F 9:15am Spin 5:30pm Spin	13	14 9am Spin Boot
15	16 9:15am Spin 5:30pm Barre 6:30pm Zumba	17 8:30am Barre 9:30am Massage 6:30pm Spin Boot	18 9am Massage 5:30pm Tabata 6:30pm Zumba	19 9:15am Spin 5:30pm Spin	20 8:30am Barre	21 9am Spin Boot
22	23 8am F.T.F 9:15am Spin 5:30pm Barre 6:30pm Zumba	24 8:30am Barre 9:30am Massage 6:30pm Spin Boot	25 9am Massage 5:30pm Tabata 6:30pm Zumba	26 8am F.T.F 9:15am Spin 5:30pm Spin	27 8:30am Barre	28 9am Spin Boot
29	30 9:15am Spin 5:30pm Barre 6:30pm Zumba	31 8:30am Barre 9:30am Massage 6:30pm Spin Boot				