

May



2024

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 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	Beyond the Barre <i>Cardio, strength, Pilates and Yoga combined with core and balance.</i> w/Bernice	Yoga Connects body, breath and mind while building strength and flexibility. w/Oriana	Massage (w/Jill Hagan) Mondays 1-5pm Thursdays 1-5pm Fridays 1-5pm
			1 10 8am F.T.F 5:30pm Tabata	2 8am F.T.F 9:15am Spin 10:30am Yoga 1-5pm Massage 6:15pm Beyond Barre	3 8:30am Beyond Barre 9:45am Spin 1-5pm Massage	4 9am Spin Boot 10:30am Yoga
5	6 8am F.T.F 9:15am Spin 10:30am Yoga 1-5pm Massage 5:30pm Beyond Barre	7 8:30am Beyond Barre 6:30pm Spin Boot	8 8am F.T.F 5:30pm Tabata	9 8am F.T.F 9:15am Spin 10:30am Yoga 1-5pm Massage 6:15pm Beyond Barre	10 8:30am Beyond Barre 9:45am Spin 1-5pm Massage	11 9am Spin Boot 10:30am Yoga
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