

June



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 Cardio, strength, Pilates and Yoga combined with core and balance. w/Bernice		Massage (w/Jill Hagan) Mondays 1-5pm Thursdays 1-5pm Fridays 1-5pm
						1 9am Spin Boot
2	3 8am F.T.F 9:15am Spin 1-5pm Massage 5:30pm Beyond Barre	4 8:30am Beyond Barre 6:30pm Spin Boot	5 8am F.T.F 5:30pm Tabata	6 8am F.T.F 9:15am Spin 1-5pm Massage	7 9:45am Spin 1-5pm Massage	8 9am Spin Boot
9	10 8am F.T.F 9:15am Spin 1-5pm Massage 5:30pm Beyond Barre	11	12 8am F.T.F 5:30pm Tabata	13 8am F.T.F 9:15am Spin 1-5pm Massage 6:15pm Beyond Barre	14 8:30am Beyond Barre 9:45am Spin 1-5pm Massage	15 9am Spin Boot
16	17 8am F.T.F 9:15am Spin 1-5pm Massage 5:30pm Beyond Barre	18 8:30am Beyond Barre 6:30pm Spin Boot	19 8am F.T.F 5:30pm Tabata	20 9:15am Spin 1-5pm Massage 6:15pm Beyond Barre	21 8:30am Beyond Barre 9:45am Spin 1-5pm Massage	22 9am Spin Boot
23/30	24 8am F.T.F 9:15am Spin 1-5pm Massage 5:30pm Beyond Barre	25 8:30am Beyond Barre 6:30pm Spin Boot	26 8am F.T.F 5:30pm Tabata	27 8am F.T.F 9:15am Spin 1-5pm Massage 6:15pm Beyond Barre	28 8:30am Beyond Barre 9:45am Spin 1-5pm Massage	29 9am Spin Boot