



# Group Class Schedule

## March 2020

	MON	TUES	WED	THURS	FRI	SAT	SUN
Day Time Classes	6:00am-7:00am Boot Camp (Pat) 9:00am-10:00am Cardio/Strength (Bev) 10:15am-11:15am Stretch & Relax (Loft-Rhena)	<b>STRONGFIT</b> Paid Bootcamp 6:00am-7:00am 9:00am-10:00am Pilates Fusion (Loft - Rhena) 11:30am-12:15pm Easy Going (Noah N)	6:00am-7:00am Boot Camp (Pat) 9:00am-10:00am Cardio/Strength (Bev) 10:30am-11:30am Weights & Toning (Noah N)	*6:00am-7:00am* Spring Pilates (Loft-Pat) 9:00am-10:00am Pilates Fusion (Loft- Rhena) 10:15am-11:15am Stretch & Relax (Loft-Rhena) 11:30am-12:15pm Easy Going (Noah N)	6:00am-7:00am Boot Camp (Pat) *8:00am-9:00am* *Cycle Fit (Loft-Dan) 10:30am-11:30am Weights & Toning (Noah N) 10:30am-11:30am Cardio Pilates (Loft-Jackie)	9:00am-10:00am Pump Circuit (Pat)	*9:00am-10:00am* Cycle Fit (Loft-Estella) 10:30am-11:30am Booty Sculpt (Loft-Estella)
Evening Classes		*5:30pm-6:30pm* Spring Pilates (Loft-Pat) 6:30pm-7:30pm Cardio Kickboxing Plus (Loft-Pat) <b>STRONGFIT</b> Paid Bootcamp 7:00pm-8:30pm	5:30pm-6:30pm Booty Sculpt (Loft-Estella) 6:30pm-7:30pm Total Tone (Estella)	*6:00pm-7:00pm* Cycle Fit (Loft-Estella) 7:00pm-8:00pm Total Tone (Estella) <b>STRONGFIT</b> Paid Bootcamp 7:00pm-8:30pm	<b>Industry Fitness Perth Upcoming News !</b> Follow us <a href="#">@ industryfitnessperth</a> on Facebook and Instagram for current updates and promotions <b><u>No StrongFit Bootcamp Tues March 3rd, Thursday March 5th and Tues March 10th @ 6am (7pm will be running)</u></b> <b>*Reminder*</b> Both our <b>Spring Pilates &amp; Cycle Fit</b> classes do require clients to sign up in advance. Please be advised if <b>4 or less</b> members have signed up - the instructor will cancel the class. <a href="http://www.industryfitnessperth.com">www.industryfitnessperth.com</a> <b>STRONGFIT TRIALS APRIL 26th, 2020!!</b>		

**\*\* Please note that all scheduled classes are subject to change\*\***