

PLUS FITNESS

+ East Hills

UNLIMITED X-CELL CLASSES
INCLUDED IN YOUR MEMBERSHIP

CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am							
8:30 am							
9:30 am	+STRONG	+H.I.I.T	+STRONG				
11:30 am							
5:00 pm							
6:00 pm	+STRONG	+ L.A.B	+H.I.I.T	+STRONG			
7:00 pm							

