



Fitness Schedule 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
9:00 AM						Cycle w/ Michelle
9:30 AM	Awakening Yoga w/ Michelle	Varsity Sweat w/ Michelle	Awakening Yoga w/ Michelle		Varsity Sweat w/ Michelle	
10:00 AM						Vinyasa Yoga w/ Krista
12:00 PM						
5:00 PM						
5:30 PM						
6:00 PM	Cycle w/ Mary	Pilates w/ Mary		Cycle w/ Mary		
6:15 PM						
6:30 PM			Vinyasa Yoga w/ Krista			
7:00 PM		Interval Training w/ Shannon				



Also Available

Personal Training
& Massage Therapy

SCHEDULE TODAY!

269.414.4113

edwardsburgfitnessco.com
69855 Rolan Dr., Edwardsburg, MI