



# SPARTAN AREA FITNESS

## WEEKLY FITNESS CLASS SCHEDULE

🕒 Time: 6:00 AM – 7:00 AM | 6:00 PM – 7:00 PM

<b>MONDAY</b>	<ul style="list-style-type: none"><li>• Flow Aerobics</li><li>• After class: ABS Workout – 30 min</li></ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"><li>• Step Aerobics</li><li>• After class: ABS Workout – 30 min</li></ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"><li>• Spin / Cricket Training</li><li>• After class: ABS Workout – 30 min</li></ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"><li>• Aerobics Step + Flow</li><li>• After class: ABS Workout – 30 min</li></ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"><li>• Weight / Dance / Yoga</li><li>• After class: ABS Workout – 30 min</li></ul>



**SPARTAN AREA FITNESS**  
MOVE, SWEAT, STRENGTHEN