

CLASS SCHEDULE

FALL 2019 FROM OCT 28TH TO DEC 14TH

GROUP FITNESS PILATES MATWORK, BARRE AND TRX (pre-registration)

MON	TUE	WED	THU	FRI	SAT
	9AM TRX BOOTCAMP DON	9AM BOUNCE COLLEEN	9AM TRX CORE DON		9AM PRENATAL PILATES MELISSA
					10AM ENERGY X-TRAINING MELISSA
5:30PM ULTIMATE BARRE COLLEEN	5:30PM POWER PILATES MELISSA	5:30PM TRX BOOTCAMP DON	5:30PM ABS MELISSA	GET ENERGYFIT FOR THE HOLIDAYS! pre-register for classes by October 26th and SAVE 15%	
	6:30PM BOUNCE COLLEEN				




ENERGY LUNCH EXPRESS CLASSES (12:15-1PM)

MON	TUE	WED	THU	FRI	\$125 UNLIMITED LUNCH PASS
12:15PM SCULPT DON	12:15PM BALANCE MELISSA	12:15PM POWER COLLEEN	12:15PM CORE MELISSA	12:15PM RESTORE DON	

GROUP REFORMER CLASSES (pre-registration)

MON	TUE	WED	THU	FRI	SAT
9AM CARDIO REFORMER MELISSA		9AM REFORMER+ DON		9AM REFORMER GLOW COLLEEN	9AM REFORMER+ COLLEEN
REFORMER BOOTCAMP Starts September 3rd		MON & THU 7:00AM - 7:45AM TUE & THU 1:00PM- 1:45PM			10AM REFORMER+ DON
5:30PM REFORMER+ MELISSA	5:30PM REFORMER GLOW COLLEEN	5:30PM POWER REFORMER COLLEEN	5:30PM REFORMER+ DON	REFORM YOUR BODY! pre-register for classes by October 26th and SAVE 15%	
		6:30PM CARDIO REFORMER COLLEEN			

345.946.6006
 energycayman.com
 info@energycayman.com

 energy.essentialfitness
 @energyfit345
 EnergyFit345



ENERGY
 Essential Fitness