

## Seriously FUN Fitness Indoor Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM - 6:15 AM		Head-to-Toe*	Head-to-Toe*	Head-to-Toe*	Head-to-Toe*		<b>Workshops, Seminars and Teacher Trainings</b>
7:00 AM - 7:45 AM		Head-to-Toe*	Head-to-Toe*	Head-to-Toe*	Head-to-Toe*		
9:00 AM - 9:45 AM	<i>YogaFlow (9 -10:15am)</i>	Head-to-Toe*		Head-to-Toe*	<b>KickBox FIRE</b>	<i>YogaFlow (9 -10:15am)</i>	
10:00 AM - 3:00 PM	<i>Personal Training &amp; Private Yoga Lessons Corporate Wellness Programs (at Our Location or Yours)</i>						
4:30 PM - 5:15 PM	Head-to-Toe*	Head-to-Toe*	Head-to-Toe*	Head-to-Toe*	Head-to-Toe*		
6:00 PM - 7:00 PM	<b>KickBox FIRE</b>	<i>YogaFlow (6 -7:15pm)</i>	<b>KickBox FIRE</b>	<i>YogaFlow (6 -7:15pm)</i>			
7:00 PM - 8:30 PM	<i>Personal Training &amp; Private Yoga Lessons Wellness Workshops</i>						



www.SeriouslyFUNFitness.com

### PRICING INFORMATION:

<b>Head-to-Toe Conditioning - 4 Weeks/ 4 x's Per Week</b>	<b>\$75*</b>
Yoga + KickBox FIRE - Unlimited Monthly	\$48
YogaFlow 10 Class Card	\$80
KickBox FIRE / Head-to-Toe 10 Class Card	\$50
YogaFlow Per Class Fee	\$12
KickBox FIRE /Head-to-Toe Drop-In Fee	\$ 7
<i>Personal Training in studio (discount on packages)</i>	\$40
<i>Yoga Therapy in studio (discount on packages)</i>	\$65

*\* Includes Yoga + KickBox FIRE + online membership  
Head-to-Toe Conditioning runs 4 weeks on/1 week off.*

## Seriously FUN Fitness

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