

April



2019

305-852-8623 www.froggyfitness.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GYM HOURS: Mon-Fri 5am-9pm Sat/Sun 7am-3pm		<i>Yoga Strengthens, tones and increases flexibility. w/Key Largo Yoga</i>	<i>Spin Indoor cycling on a stationary bike. w/Allison (AM) w/Kaitlyn (PM)</i>	<i>F.T.F Fight to fit into your favorite jeans with this fun workout. w/Maddie</i>	<i>FX-Fit High intensity circuit training and cardio workout on spin bikes. w/Fernando</i>	<i>Beast Body Train like a "beast" using your own body weight. w/Kyle</i>
	1 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	2 8am F.T.F 6:30pm FX-Fit	3 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	4 8am F.T.F 6:30pm FX-Fit	5 8am Spin 9:30am Yoga	6 9am FX-Fit
7 9am Yoga	8 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	9 8am F.T.F 6:30pm FX-Fit	10 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	11 8am F.T.F 6:30pm FX-Fit	12 8am Spin 9:30am Yoga	13 9am FX-Fit
14 9am Yoga	15 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	16 8am F.T.F 6:30pm FX-Fit	17 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	18 8am F.T.F 6:30pm FX-Fit	19 8am Spin 9:30am Yoga	20 9am FX-Fit
21 HAPPY EASTER!!! 7am-1pm	22 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	23 8am F.T.F 6:30pm FX-Fit	24 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	25 8am F.T.F 6:30pm FX-Fit	26 8am Spin 9:30am Yoga	27 9am FX-Fit
28 9am Yoga	29 8am Spin 9:30am Yoga 5:00pm Spin 6:30pm Beast Body	30 8am F.T.F 6:30pm FX-Fit				