

The Fit Factory – Instructor Lead Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am	n/a	n/a	n/a	n/a	GIT – Cassie
6:00 pm	n/a	GIT - Matt	n/a	GIT - Matt	n/a
6:30 pm	C/K – Art/Phannary	n/a	C/K – Art/Phannary	n/a	C/K – Art/Phannary

Program:

GIT = Group Intensity Training

CK = Cardio Kickbox

Instructors:

Art

Cassie

Matt

Phannary