

7 Day Weekly Schedule

**[FitLife Gym] 7-Day Weekly Schedule**

At FitLife Gym, we offer a variety of fitness classes each week to help you stay active, meet your goals, and enjoy a supportive community. All classes are led by certified instructors to ensure a fun and engaging experience.

| **Day** | **Time** | **Activity** | **Instructor** | **Room** |
| --- | --- | --- | --- | --- |
| **Monday** | 6:00 AM | Sunrise Yoga | Emily Johnson | Yoga Studio |
|   | 9:00 AM | HIIT (High-Intensity Interval) | Jason Lee | Main Gym |
|   | 5:30 PM | Zumba | Sarah Williams | Dance Studio |
|   | 7:00 PM | Weightlifting 101 | Mark Davis | Weight Room |
| **Tuesday** | 7:00 AM | Pilates | Laura Mitchell | Multi-Purpose Room |
|   | 12:00 PM | Power Lifting | Chris Walker | Weight Room |
|   | 6:00 PM | Spin & Core | Rachel Adams | Spin Studio |
| **Wednesday** | 6:00 AM | Boot Camp | Jason Lee | Main Gym |
|   | 10:00 AM | Aquafit | Emily Johnson | Pool |
|   | 7:00 PM | Boxing | Mike Robinson | Boxing Studio |
| **Thursday** | 6:00 AM | Tai Chi | Sarah Williams | Yoga Studio |
|   | 12:00 PM | TRX Training | Laura Mitchell | Multi-Purpose Room |
|   | 6:00 PM | Cardio Kickboxing | Chris Walker | Main Gym |
| **Friday** | 7:00 AM | Cycle & Strength | Rachel Adams | Spin Studio |
|   | 1:00 PM | Barre | Laura Mitchell | Dance Studio |
|   | 6:00 PM | Friday Night Dance Party | Sarah Williams | Main Gym |
| **Saturday** | 8:00 AM | Weekend Warrior Workout | Mike Robinson | Main Gym |
|   | 11:00 AM | Hatha Yoga | Emily Johnson | Yoga Studio |
|   | 2:00 PM | Family Fitness Fun | Mark Davis | Main Gym |
| **Sunday** | 9:00 AM | Gentle Yoga | Laura Mitchell | Yoga Studio |
|   | 3:00 PM | Strength and Stretch | Mark Davis | Multi-Purpose Room |