

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