

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM Cardio Kickbox / True HIIT				9:15 AM Functional Training Hour		MONTHLY WORKSHOPS
		10:30 AM Bands, Balls, Booty & Balance			10:30 AM Zumba 45-Minutes	
					11:00 AM TRX/ True HIIT 45- Minute	
6:15 PM TBA	5:45 PM Strength Interval / Step	6:15 PM Cardio Kickbox / True HIIT	6:15 PM Functional Training Hour			
		7:15 PM YOGA Restorative Vinni				

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Check website for workshops & outdoor events!