

Commit Fit



Pilates Mix, Pilates Cross-Training, Group Personal Training						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM			GPT		GPT	
5:30AM	GPT			PMix		
6:00AM						
6:30AM						
7:00AM		PMix			GPT	GPT
8:00AM						
8:30AM		GPT		PCT		
9:00AM	PMix		PMix		PCT	PCT
9:30AM		PMix		PMix		
10:00AM	GPT		GPT		GPT	
4:00PM						
5:00PM						
5:30PM		PMix				
6:00PM			GPT			
7:00PM	GPT			PMix		

PMix = Pilates Mix
PCT = Pilates Cross Training
GPT = Group Personal Training