

Classes at Mountain Fitness



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
5:00 am						
6:00 am						
7:00 am			Morning Spin Cathleen		Morning Spin Cathleen	
8:00 am	RevCore Rev	Zumba Toni	RevCore Rev	Zumba Toni	Fitmoves Toni	Fitmoves RSVP* Toni
9:00 am	Fitmoves Toni		Fitmoves Toni		Zumba Toni	Zumba RSVP* Toni
10:00 am		Weight Watchers (Weigh-in at 9:30)				
11:00 am						
12:00 pm						
1:00 pm						
2:00 pm						
3:00 pm						
4:00 pm						
5:00 pm		Fitmoves Rev		Fitmoves Rev		
6:00 pm	Night Spin Craig		Night Spin Carrie			
7:00 pm			Yoga- Vinyasa Flow Cathleen	Yin Slow Stretch Cathleen		
8:00 pm						

You can call the front desk or go online and register up to a week in advance for classes to insure your spot.

RSVP* = We take some weekends off; please be sure to call by Friday and reserve your spot

(909) 866-7020

MFCbigbear.com