

# Believe N-U Fitness 2021 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am Spin30	5:30am Shred30	5:30am Spin30	5:30am Spin30	5:30am Spin30	
	<u>5:30am Tone on ZOOM</u>		<u>5:30 Spin30 on ZOOM</u>		
		6:00am Shred30		6:00am BoxCir30	7:15am HIIT SPIN45
					8:00am Weights
					<u>8am SPIN45 on ZOOM</u>
9:00am Boxing Circuit	9:00am Spin45	9:00am Weights45		9:00am Tabata Step/Tone45	9:00am SPIN30
	<u>9:00am Gentle Hatha Yoga on ZOOM</u>		<u>9:00am Level I Yoga on ZOOM</u>		
10:30am Silver Sneakers		10:30am Silver Sneakers		10:30am Silver Sneakers	

## Evening Classes

		<u>5:30 Tone30 (ZM)</u>	5:30 ZUMBA		
6:00 Weights45	6:00 Spin45-P	6:00 Spin30	6:00 Spin30		
6:45 Spin30	6:45 HIIT Strength	6:45 Boxing Circuit45	6:45 HIIT Strength		

## Memberships

1st Class	10 Class Punch (2months)	1-Month Unlimited	3-Month Unlimited	Senior Pass 63+	Buddy Fitness
FREE	\$70.00	\$60.00	\$150.00	\$30.00	\$100.00

**Go to [VAGARO.com](http://VAGARO.com) or VAGARO app to book all of our classes**

**The classes in red are ZOOM only! Please check Vagaro for classes being offered on zoom and in-Studio at the same time!**