

# INTENSITY FITNESS LLC

## CLASS SCHEDULE

Online Registration only no walk ins [www.intensityfitnessstx.com](http://www.intensityfitnessstx.com)

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
<u>6am-6:30am Group Class</u>		<u>7am-7:30 Abs/Core</u>
<u>6:30am-7am Group Class</u>		<u>7:30am-8am Abs/Core</u>
<u>11am-11:30 Group Class</u>	<u>11am-11:30 Group Class</u>	
<u>11:30am-12pm Group Class</u>	<u>11:30am-12pm Group Class</u>	
<u>5pm-5:30 Group Class</u>	<u>5pm-5:30 Group Class</u>	<u>5pm-5:30 Group Class</u>
<u>5:30pm-6pm Group Class</u>	<u>5:30pm-6pm Group Class</u>	<u>5:30pm-6pm Group Class</u>

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