

ADDITIONAL CLASSES AVAILABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM				Group Shock 30 min \$16.50		
6:30AM		Guys Only Shock 30 min \$16.50 ea.			Guys Only Shock 30 min \$16.50 ea.	
7:00AM		Group Shock 30 min \$16.50		Group Shock 30 min \$16.50		
7:30AM		Group Shock 30 min \$16.50 ea.		Group Shock 30 min \$16.50		Group Shock 30 min \$16.50
8:00AM	Group Shock 30 min \$16.50				Group Shock 30 min \$16.50	Military Style Boot camp \$10
8:30AM			Group Shock 30 min \$16.50 ea.			
9:00AM					Group Shock 30 min \$16.50 ea.	
10:00AM					Baby Bulge Be Gone 30 min \$16.50	
10:30AM			Group Shock 30 min \$16.50			
5:45PM			Group Shock 30 min \$16.50			
6:15PM	Group Shock 30 min \$16.50					

***Please sign up using the online scheduler at fusionfitnessusa.com or by calling the studio at 407-804-6005.

*****Free walking** club does not need to sign up.

***Classes limit is 5 people, except **MILITARY BOOT CAMP CLASS** which has a capacity of 10. The boot camp class will be outside, please bring a towel and use sunscreen.