



## Group Fitness Schedule

### 45 Minute Strength/H.I.I.T.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 AM		5:45 AM		
8:00 AM	06:30 AM	8:00 AM	6:30 AM	8:00 AM	7:15 AM
5:30 PM	11:45 AM	5:30 PM	11:45 AM		10:15 AM

***\*Interested in Personal Training? Schedule a Private Session.***

**\*ONE FREE GROUP CLASS\***

**949-245-8680**

**[www.ModernFitnessOC.com](http://www.ModernFitnessOC.com)**

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