



# **FIT LAB FITNESS SCHEDULE**

**CALL FOR MEMBERSHIP  
INFORMATION**

**760.338.0914**

**FitLabFitnessCenter.com**

## **Monday**

7:30am	Workout Express
8:30am	VIP RetroStrong
9:15am	MuscleFIT
3pm-6:30pm	Workout Express

## **Tuesday**

7:30am	FitJam
8:30am	Senior ChairFIT
10:00am	Senior RetroFIT
11:30am	FitJam
3pm-5:30pm	Workout Express
5:30pm	FitJam
6:15pm	MuscleFIT

## **Wednesday**

7:30am	Workout Express
8:30am	VIP RetroStrong
9:15am	MuscleFIT
12:15pm	Yoga/Chair Yoga

## **Thursday**

7:30am	FitJam
8:30am	Senior ChairFIT
10:00am	Senior RetroFIT
11:30am	FitJam
3pm-5:30pm	Workout Express
5:30pm	FitJam
6:15pm	MuscleFIT

## **Friday**

7:30am	Workout Express
9:15am	MuscleFIT
12:15pm	Yoga/Chair Yoga

## **Saturday**

8:30am	MuscleJam
9:15am	SeniorJam

**13010 Hesperia Road, Suite 500, Victorville**