



# Class Schedule

813.949.4120

23600 State Rd 54 Lutz, FL 33559

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
6:00 – 7:00 am	Group-X		Group-X			
8:00 – 9:00 am						Group-X
10:00 – 11:00am						Kid-X**
9:30 -10:30am		Group-X		Group-X		
4:00 – 5:00 pm		Group-X		Group-X		
6:00 – 6:30 pm		Max Abs*		Max Abs*		
6:00 – 7:00 pm	Group-X		Group-X			
6:45 – 7:45 pm		Cardio Kickboxing*		Cardio Kickboxing*		

Class program includes all of the Group-X sessions

\*By appointment

\*\*Call Studio for Kid-X class dates

[www.jakefitnessinc.com](http://www.jakefitnessinc.com)