

MUST CALL AHEAD FOR AVAILABILITY.

NEW CLIENTS MUST CALL STUDIO AT 407-804-6005 OR EMAIL INFO@FUSIONFITNESSUSA.COM FOR AVAILABILITY. SPACE IS LIMITED PER CLASS
EXISTING CLIENTS MAY USE THE ONLINE SCHEDULER BY SELECTING "BOOK YOUR CLASS ONLINE" FROM THE MAIN PAGE.

Monday

Pilates Reformer Classes

- 6:00am Reformer Combo Multi-Level (JOANNE)
- 8:30am Reformer/Combo Multi-Level (ARIEL)
- 9:30am Reformer/Combo Multi-Level (ARIEL)
- 10:30am Reformer/Combo Multi-Level (PETER)
- 11:30am Reformer/Combo Multi-Level **Glute Focused** (ARIEL)
- 12:30pm Reformer/Combo **Healthy Joints and Spine.** (ARIEL)
- 5:30pm Reformer/Combo Multi-Level (PETER)

Tuesday

- 6:00am Reformer/Combo Multi-Level (JEN)
- 7:30am Reformer/Combo Multi-Level (PETER)
- 8:30pm Reformer/Combo Multi-Level (NATALIA)
- 9:30am Reformer/Combo Multi-Level (PETER)
- 10:30am Reformer/Combo Multi-Level (PETER)
- 4:30pm Reformer/Combo Multi-Level (NATALIA)
- 5:30pm Reformer/Combo Multi-Level (NATALIA)
- 6:30pm Reformer/Combo Multi-Level **new** (NATALIA)

Wednesday

- 8:30am Reformer/Combo Multi-Level (ARIEL)
- 9:30am Reformer/Combo Multi-Level (ARIEL)
- 11:30am Reformer/Combo Multi-Level **Glute Focused** (ARIEL)
- 12:30pm Reformer/Combo **Healthy Joints and Spine** (ARIEL)

Thursday

- 6:00am Reformer/Combo Multi-Level (JOANNE)
- 7:30am Reformer/Combo Multi-Level (PETER)
- 9:30am Reformer/Combo Multi-Level (PETER)
- 10:30am Reformer/Combo Multi-Level (PETER)
- 4:30pm Reformer/Combo Multi-Level (DION)
- 5:30pm Reformer/Combo Multi-Level (DION)

Friday

- 8:30am Reformer/Combo Multi-Level (ARIEL)
- 9:30am Reformer/Combo Multi-Level (JEN)
- 10:30am **Healthy Joints and Spine** **new** (DION)

Saturday

- 9:00am Reformer/Combo Multi-Level (Rotating Instructor)

TRX Schedule 30 Min.

Space is limited...Sign Up Online

Tuesday

- 7:00am TRX/Shock Combo (ARIEL)

Thursday

- 6:30pm TRX/Combo (JOANNE)

Friday

- 9:30am TRX/Combo (PETER)

Group FusionShock™ 30Min.

Space is limited...Sign Up Online

Tuesday

- 7:00am Group FusionShock™ (ARIEL)

Thursday

- 7:00am Group FusionShock™/TRX Combo (ARIEL)
- 6:30pm Group FusionShock™/TRX Combo (JOANNE)

Friday

- 9:30am Group FusionShock™ (PETER)

*Group FusionShock and TRX also
are available in a private setting.
Please contact studio for a private
appointment.*

**FusionFitness
USA.COM**

407.804.6005

REV.2/1/16