



Total U Fitness



Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30-5:30p Kung-Fu Studio B	5:30-6:30p Sports Performance Main Gym/ Studio A	5:30-6:30p Strength Studio A	5:30-6:30p Sports Performance Main Gym/ Studio A	4:30-5:30p Kung-Fu Studio B	
	5:45-6:45p Tai Chi Studio B	6-7p Transitions Studio B	6:30-7:30p Mind/Body Yoga Studio A		5:45-6:45p Tai Chi Studio B	
	6-7p Strength Studio A	7-8p Cardio Studio A			7-8p Qigong Studio B	
	7-8p Mind/Body Yoga Studio A					
	7-8p Qigong Studio B					

To sign up please contact Michelle Myatt:

- **Email:** michelle@totalufit.com **Phone:** 800-559-8348(UFIT)

We are always adding classes. Please let us know if there is a day and time you are interested in.

*Participants may sign up at anytime during the session. Class will be prorated.

* Please feel free to contact Michelle with any comments, suggestions, or questions.