



Class Schedule

813.949.4120

23600 State Rd 54 Lutz, FL 33559

info@jakefitnessinc.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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