



# Class Schedule

813.949.4120

23600 State Rd 54 Lutz, FL 33559

[jay@jakefitnessinc.com](mailto:jay@jakefitnessinc.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 7:00 am	Group-X		Group-X			
7:30 – 8:30 am						Group-X
9:00 – 10:00am						Zumba
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		

Regular classes include any of the Group-X sessions