

# Commit 2B Fit Weymouth Schedule

## Starting MAY 6th 2019

### Monday

8:15am – Cardio Core and Kettle bell with Katie Kickbutt **NO class 5/27**  
9:30am – ZUMBA with Lorena - **\$10 drop in on Memorial Monday 5/27**  
5:30pm – Total Body Tone with Nicole\*  
6:30pm – STRONG with Lisa\*  
**\*No evening classes Memorial Day Monday**

### Tuesday

9:30am – Katie's Kickbutt Bootcamp with Katie (babysitting available)  
5:30pm – Barre Fight with Samantha  
6:45pm – Body on the Ball with Samantha

### Wednesday

5:30am – Arms and ABS ATTACK with Kelsey  
8:15am – Tabata Bootcamp with Katie Kickbutt  
9:30am – ZUMBA with Lorena and Casei  
5:30pm – Complete CORE and Kettle Bell with Katie Kickbutt  
6:30pm – Boxing and Booty with Katie **NO class May 1<sup>st</sup> and May 15<sup>th</sup>**

### Thursday

9:30am – STRONG with Lorena (babysitting available by request)  
6:30pm – POUND Fit with Melissa

### Friday

5:30am – Katie's Kickbutt Bootcamp (LOWER Body Focus) with Kelsey  
8:15am – Arms and Abs ATTACK with Katie Kickbutt  
9:30am – Zumba with Lorena  
6:30pm - PiYO with Samantha

### Saturday

8am – Katie's Kickbutt Bootcamp with Kelsey or Katie  
9am – BARRE with Samantha – **BARRE Fight DEMO May 18<sup>th</sup> Sign up under BARRE!**  
10am – POUND Generation with Katie (**May18<sup>th</sup>**)

### Sunday

9am – Cardio Kick Kettle Bell with Melissa  
Memorial DAY Weekend **Pop Up POUND CLASS! TBD!**