

Hoover (205) 588-4482 Inverness (205) 588-4479

Roebuck (205) 588-6420 Mobile (251) 545-4280

TOTAL FITNESS TOTAL FITNESS



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Hoover	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	Spin-Kellie		Spin-Kathy		Spin- Rick		
9:00						Triple Fat Burn- Michelle	
9:30	Pilates- Jamie		Pilates-Jamie		Pilates-Jamie	Spin-Grace/Kim	
10:15	Total Body Blast- Jamie		Total Body Blast- Jamie			Yoga-Grace	
11:45		CardioExtreme- Sarah			<p style="text-align: center;">Hoover 3447 Lorna Road Hoover, AL 35216 205-822-8763 Club Hours: Mon.-Thurs. 5am-10pm Friday 5am-9pm Saturday/Sunday 7am-7pm Nursery Hours: Mon.-Thurs. : 8-1pm/4-8pm Friday 8-1pm Sat. 9am-12pm/Sun. Closed</p>		
5:30	Step-Angela		CardioExtreme- Martha				
5:45	Spin-Pete	Spin-Kim					
6:00		Zumba-Kendall	Spin-Pete	Spin-Sujon			
6:30	Hip/Hop-Angela			Kickboxing- Sonia			

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