

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

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



TOTAL FITNESS TOTAL FITNESS TOTAL FITNESS TOTAL FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30						Spin-Jenny	
8:00	Spin-Jenny		Spin-Jenny		Spin-Jenny	Circuit Training- Amy	
9:00	Yoga-Fran		Yoga-Fran		Pilates-Rita		
10:00		Pilates-Rita		Pilates-Rita			Spin-Amy 11:00
11:45	Circuit-Michelle		Step-Michelle		Step-Michelle/ Missy		
4:30		Ultimate Sculpt- Michelle		Kettlebells- Michelle	Inverness/Hwy. 280 4766 Highway 280 Birmingham, AL 35242 Club Hours: Mon-Thursday 5 AM - 10 PM Friday 5 AM - 9 PM Saturday 7 AM - 7 PM Sunday 9AM - 6 PM Nursery Hours: M-Th 8am-8pm; Friday 8am-6:30pm Saturday 8am-12pm; Sunday-CLOSED		
5:15	Kettlebells Int- Kelly	Ultimate Energy- Kerry		Ultimate Energy- Kerry			
5:45	Spin-Rick	Spin-Kim H.	Spin-Kelly	Spin-Rick			
6:00		Power Yoga Flow-		Power Yoga Flow-			

Friday | 9 AM - 9 PM
Saturday 7 AM - 7 PM
Sunday | 9AM - 6 PM
Nursery Hours:
M-Th 8am-8pm; Friday 8am-6:30pm
Saturday 8am-12pm; Sunday-CLOSED

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:30pm
CLOSED

