



ENVISION
HEALTH AND FITNESS

Envision Health & Fitness GROUP FITNESS Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PUMP
5:45AM

BOXING
6:00AM
VIRTUAL
COMBAT
7:30AM

PUMP
5:45AM

BOXING
6:00AM
VIRTUAL
COMBAT
7:30AM

PUMP
5:45AM

HIIT/CIRCUIT
7:00AM

VIRTUAL
COMBAT
8:00AM

PUMP
9:15AM

VIRTUAL
BALANCE
10:15AM

PUMP
9:15AM

PUMP
9:15AM

VIRTUAL
BALANCE
10:15AM

VIRTUAL
BALANCE
9:30AM

BOXING
5:30PM

VIRTUAL
CORE
6:30PM

PUMP
5:30PM

HIIT/CIRCUIT
5:30PM

PUMP
5:30PM

CORE/
FLEXIBILITY
4:30PM