

VIVAFit

PUNCH

| | | |
|-----------|---------|-----------|
| MONDAY | 6:00 PM | POWER |
| TUESDAY | 9:30 AM | POWER |
| WEDNESDAY | 6:00 PM | PULSE |
| THURSDAY | 9:30 AM | PULSE |
| FRIDAY | 9:30 AM | PRECISION |
| SATURDAY | 10:00AM | PRECISION |
| | 10:30AM | POWER |