



MARY'S
HEALTH & FITNESS

SMALL GROUP CLASS SCHEDULE

- ✓ 45 Minute Interval Classes
- ✓ Led By Certified Personal Trainers
- ✓ Building Strength With Every Workout

CLASS LOCATION

ORANGE - MARY'S TRAINING CENTER

BLUE - MARY'S HEALTH & FITNESS

SUN

MON

TUES

WED

THUR

FRI

SAT

MHF
5:00 AM

MTC TURF
6:00 AM

Zoom Stretching
6:00 AM

MTC WEIGHT ROOM
7:00 AM

MHF
7:00 AM

MTC WEIGHT ROOM
8:00 AM

MTC WEIGHT ROOM
12:00PM

MHF
4:00 PM

MHF
5:00 PM

MHF
7:00 PM

MHF
5:30 AM

MTC TURF
5:30 AM

MTC WEIGHT ROOM
7:00 AM

MHF
7:00 AM

MTC WEIGHT ROOM
9:00 AM

MHF
4:00 PM

MHF
5:00 PM

MHF
5:00 AM

MTC TURF
6:00 AM

MTC WEIGHT ROOM
7:00 AM

MHF
7:00 AM

MHF
4:00 PM

MHF
5:00 PM

Zoom Stretching
6:00 PM

MHF
7:00 PM

MHF
5:30 AM

MTC TURF
5:30 AM

MTC WEIGHT ROOM
7:00 AM

MHF
7:00 AM

MTC WEIGHT ROOM
9:00 AM

MHF
4:00 PM

MHF
5:00 PM

MHF
5:30 AM

MTC TURF
5:30 AM

MTC WEIGHT ROOM
7:00 AM

MHF
7:00 AM

MTC WEIGHT ROOM
8:00 AM

MHF
8:30AM

MTC WEIGHT ROOM
9:00 AM

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MARYSHEALTHFITNESS

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MARY'S TRAINING CENTER
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