

ROARING FITNESS venture



Driven by passion for fitness

GROUP X CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07:00 AM	 YOGA	 ABS	 BOOT CAMP	 ABS	 YOGA
08:00 AM	 CALISTHENICS	 SPINNING	 CALISTHENICS	 SPINNING	 CALISTHENICS
09:00 AM		 ZUMBA		 ZUMBA	
06:00 PM	 MMA	 CORE TRAINING	 YOGA	 CORE TRAINING	 MMA
07:00 PM	 HIIT	 SPINNING +  ZUMBA	 HIIT	 SPINNING +  ZUMBA	