



WS FITNESS CLUB

YOUR GOAL - OUR HELP



MONDAY

12 PM GOLF FITNESS
1 PM HIIT
5 PM CORE

TUESDAY

12 PM ABS & CORE
4:30 PM ANIMAL FLOW

WEDNESDAY

12 PM BALANCE WORK
1:30 PM PILATES
4 PM KETTLEBELLS

THURSDAY

1:30 PM SCULPT & MOBILITY
4:30 YOGA FLOW

FRIDAY

12 PM HIIT
5:30 PM MOBILITY & STRETCH



class schedule 2024

PLEASE JOIN US FOR A FUN AND CHALLENGING WORKOUT!

WILLIAMS SQUARE FITNESS