



# GET FIT METABOLIC CLASS

**Get Fit is exactly what you will see happen to your body after taking this class consistently.**

This workout takes cardio to a whole new level. Have you heard of High Intensity Interval Training (HIIT)?

In this class, you will truly experience a superior interval training effect that will provide the ultimate fat loss experience!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30 AM		METABOLIC		METABOLIC		
7.00 AM						METABOLIC
10.00 AM	METABOLIC	METABOLIC		METABOLIC		
6.00 PM			METABOLIC		METABOLIC	
7.00 PM	METABOLIC	METABOLIC		METABOLIC		