

Personal Best Fitness



WEEKLY CLASS SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30a SPIN	6:00a SPIN	5:30a SPIN	6:00a SPIN	5:30a SPIN	8:00a SPIN	12:30p SPIN (1.5 hour class)
6:30a BOOTCAMP	7:00a BOOTCAMP	6:30a BOOTCAMP	7:00a BOOTCAMP	6:30a BOOTCAMP	9:00a BARRE	2:00p BARRE
9:00a BARRE	9:00a BARRE	9:00a BARRE	9:00a BARRE	8:00a BARRE		
10:00a TOPLINE	10:00a TOPLINE	10:00a TOPLINE	10:00a TOPLINE	10:00a TOPLINE		
10:30a BOTTOMLINE	10:30a BOTTOMLINE	10:30a BOTTOMLINE	10:30a BOTTOMLINE	10:30a BOTTOMLINE		
1:00p BARRE	NOON P&P	1:00p BARRE	NOON P&P	MONTHLY UNLIMITED CLASSES - \$250 MONTHLY UNLIMITED BARRE & SPIN - \$200 SPIN - \$12/class, \$110/10 class package, \$200/20 class package BARRE - \$17/class, \$150/10 class package, \$260/20 class package BOOTCAMP, TOP/BOTTOMLINE COMBINED, PEDAL & PUMP (P&P) & CORE & MORE (C&M) -\$20/class, \$180/10 class package, \$300/20 class package TOPLINE OR BOTTOMLINE - \$10/ 30 min. class		
5:30p BARRE		5:30p BARRE				
6:30p SPIN	6:30p C&M	6:30p SPIN	6:30p C&M			



TO RESERVE YOUR SPOT IN CLASS VISIT:

<https://personalbestfitnessfk.acuityscheduling.com/>