

Personal Best Fitness



WEEKLY CLASS SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30a SPIN	6:00a P&P	5:30a SPIN	6:00a P&P	5:30a SPIN		12:30p SPIN (1.5 hour class)
8:00a P&P	7:45a GROUP TRAINING	8:00a P&P	7:45a GROUP TRAINING	8:00a BARRE		2:00p BARRE
10a GROUP TRAINING		10:00a GROUP TRAINING		10:00a GROUP TRAINING		
NOON BARRE		NOON BARRE				
4p SPIN (1.5 hour class)						
MONTHLY UNLIMITED CLASSES - \$250		MONTHLY UNLIMITED BARRE & SPIN - \$200				
SPIN - \$12/class, \$110/10 classes, \$200/20 classes		BARRE - \$17/class, \$150/10 classes, \$260/20 classes				
GROUP TRAINING & PEDAL & PUMP (P&P) - \$20/class, \$180/10 classes, \$300/20 classes						



TO RESERVE YOUR SPOT IN CLASS VISIT:

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