

HARDBODYZ FITNESS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45a		Spin with Valerie		Spin with Danielle		Spin with Maria	
7:45a							Spin with Adrienne
9:00a				Fitness Warrior Bootcamp With Danielle			Yogilates with Tara (10/1)
9:30a			Spin with Tara		Spin with Laura		
10:30a			Butt -n- Gut with Adrienne				
12:00p							Muay Thai with Gus
6:00p		Muay Thai with Gus	Muay Thai with Gus		Muay Thai with Gus		
6:30p				Cardio Kickboxing with Lou			

Schedules are subject to change. Please contact the club for availability.

Location Hours		Little Bodyz Hours	
Monday - Thursday	5:00am - 10:00pm	Monday - Friday	8AM - 1PM
Friday	5:00am - 9:00pm		
Saturday	7:30am - 6:00pm		
Sunday	8:00am - 5:00pm		

* Holiday hours may vary.

Hardbodyz Fitness
 129 Bloomfield Ave
 Verona, NJ 07044
 973-433-7237

Non Members:	
Spin: \$10	Bootcamp: \$10
Butt n Gut: \$6	MMA: \$20