



Start strong, end strong

Personal Training By Appointment

Doyle at 408.665.0080

For more information

www.studio360fit.com



Studio 360 Fitness



Dhustle360

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		360 HIIT		360 HIIT		360 HIIT	
6:00am		360 HIIT	360 Kettlebell	360 HIIT	360 Kettlebell	360 HIIT	
8:05am	360* Yoga	360 HIIT	360 Kettlebell	360 HIIT	360 Kettlebell	360 HIIT	360* HIIT
9:00am							360 HIIT
12:00pm		Coming Soon		Coming Soon		Coming Soon	
4:30pm			360 KIDS		360 KIDS		
6:00pm		360 HIIT	360 Kettlebell	360 HIIT	360 Kettlebell		
7:00pm							

* Starts at 8:00am