



*GymBiz, LLC dba/LIFT FITNESS *1406 Main St. Holden, MA 01520 *508-210-0731 *www.myliftfit.com

SCHEDULE VIRTUAL CLASS EVENTS

MARCH

2020

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MONDAY

VIRTUAL-Glutes&Abs	Coach PAULA	Start Time: 8:00:00 AM	End Time: 9:00:00 AM	8am Mon&Wed&Fri Join Zoom Meeting https://us04web.zoom.us/j/693238099
VIRTUAL-HIIT	Coach JEN	Start Time: 5:30:00 PM	End Time: 6:00:00 PM	5:30pm Mon&Wed Join Zoom Meeting https://us04web.zoom.us/j/400985214
VIRTUAL-YOGA	Coach KEN	Start Time: 6:00:00 PM	End Time: 7:00:00 PM	6:00pm Mon Join Zoom Meeting https://us04web.zoom.us/j/747303133

TUESDAY

VIRTUAL-TeamTrain	Coach LORI	Start Time: 7:00:00 AM	End Time: 8:00:00 AM	7am Tue&Thur Join Zoom Meeting https://us04web.zoom.us/j/459882858
VIRTUAL-TeamTrain	Coach MIKE	Start Time: 6:00:00 PM	End Time: 7:00:00 PM	6:00pm Tue&Thur Join Zoom Meeting https://us04web.zoom.us/j/693370785

WEDNESDAY

VIRTUAL-KettleBell Amped	Coach PAULA	Start Time: 8:00:00 AM	End Time: 9:00:00 AM	8am Mon&Wed&Fri Join Zoom Meeting https://us04web.zoom.us/j/693238099
VIRTUAL-TeamTrain	Coach DEB	Start Time: 12:00:00 PM	End Time: 1:00:00 PM	Noon Wed Join Zoom Meeting https://us04web.zoom.us/j/416722660
VIRTUAL-HIIT	Coach JEN	Start Time: 5:30:00 PM	End Time: 6:00:00 PM	5:30pm Mon&Wed Join Zoom Meeting https://us04web.zoom.us/j/400985214

THURSDAY

VIRTUAL-TeamTrain	Coach LORI	Start Time: 7:00:00 AM	End Time: 8:00:00 AM	7am Tue&Thur Join Zoom Meeting https://us04web.zoom.us/j/459882858
VIRTUAL-TeamTrain	Coach TIM	Start Time: 6:00:00 PM	End Time: 7:00:00 PM	6:00pm Tue&Thur Join Zoom Meeting https://us04web.zoom.us/j/693370785

FRIDAY

VIRTUAL-STEP	Coach LORI	Start Time: 8:00:00 AM	End Time: 9:00:00 AM	8am Mon&Wed&Fri Join Zoom Meeting https://us04web.zoom.us/j/693238099
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SATURDAY

VIRTUAL-TeamFight	Coach JEN	Start Time: 9:00:00 AM	End Time: 10:00:00 AM	9am Sat Join Zoom Meeting https://us04web.zoom.us/j/492522883
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SUNDAY

VIRTUAL-YOGA	Coach KEN	Start Time: 10:00:00 AM	End Time: 11:00:00 AM	10am Sun Join Zoom Meeting https://us04web.zoom.us/j/224825459
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