

**925 PARK AVENUE, NORTON VA 24273 679-2582 (CLUB) www.FitnessAdvantage.com**

| [◄ Apr 2019](https://www.wincalendar.com/Holiday-Calendar/April-2019" \o "April 2019) | **May 2019** | | | | | [Jun 2019 ►](https://www.wincalendar.com/Holiday-Calendar/June-2019) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1**6:00PM-RIPPED**  **7PM YOGA** | 2**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | 3 NO CLASSES | http://www.heavyhaulers.com.au/images/programs/personal-training-logo-1318639613.png4 NO CLASSES |
| 5 Cinco De Mayo  NO CLASSES | 6**6:00PM-RIPPED**  **KID-ZONE- 4PM-8PM** | 7**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | 8**6:00PM-RIPPED**  **7PM YOGA** | 9**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick**  INDOOR  TRACK | 10 NO CLASSES | 11**10am Beg.Yoga w/Christy – Free for Members** |
| 12 Mother's Day  http://www.heavyhaulers.com.au/images/programs/personal-training-logo-1318639613.pngNO CLASSES | 13 **6:00PM-RIPPED**  **KID-ZONE- 4PM-8PM** | 14**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | 15**6:00PM-RIPPED**  **7PM YOGA** | 16**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | http://www.heavyhaulers.com.au/images/programs/personal-training-logo-1318639613.png17 NO CLASSES | 18**10am Beg.Yoga w/Christy – Free for Members** |
| 19 NO CLASSES | 20**6:00PM-RIPPED**  **KID-ZONE- 4PM-8PM** | 21**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | 22**6:00PM-RIPPED**  **7PM YOGA** | 23**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | 24 NO CLASSES | 25**10am Beg.Yoga w/Christy – Free for Members** |
| 26 NO CLASSES | 27 Memorial Day  CLOSED | 28 **5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | 29**6:00PM-RIPPED**  **7PM YOGA** | 30**5:30-6PM –TNT-Resistance**  **6:00PM-Turbo Kick** | 31 NO CLASSES  INDOOR  TRACK |  |

**HOURS: Monday –Thursday 5AM-10PM - Friday-5AM-9PM –**

**Saturday – 8AM-6PM - Sunday- 11AM-6PM**

**KIDZONE – MONDAY-THURSDAY – 4:00PM TO 8PM (FREE FOR MEMBERS!)**