

GAP Fitness Studios

MAY ✨

110 E. Mitcham St. Malakoff, Tx

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2 ***** **SPECIAL EVENT** 6:45PM STRETCH & SIP - FITNESS, FUN, FRIENDSHIP *****	3 8:30AM-PILATES/ YOGA FUSION 10:00AM-PILATES/ YOGA FUSION
4	5 NO CLASSES THIS WEEK	6 NO CLASSES THIS WEEK	7 NO CLASSES THIS WEEK	8 NO CLASSES THIS WEEK	9 NO CLASSES THIS WEEK	10 NO CLASSES THIS WEEK
11	12 8:30AM- PILATES/ YOGA FUSION 10:00AM-BODY FIT 5:30PM-MAT PILATES	13	14 8:30AM- PILATES/ YOGA FUSION 10:00AM-BODY FIT 5:30PM-MAT PILATES	15	16	17 8:30AM-PILATES/ YOGA FUSION 10:00AM-PILATES/ YOGA FUSION
18	19 NO MORNING CLASSES 5:30PM-MAT PILATES	20	21 NO MORNING CLASSES 5:30PM-MAT PILATES	22 ***** **SPECIAL EVENT** 6:45PM SOUND BATH SESSION *****	23	24 8:30AM-PILATES/ YOGA FUSION 10:00AM-PILATES/ YOGA FUSION
25	26 8:30AM- PILATES/ YOGA FUSION 10:00AM-BODY FIT 5:30PM-MAT PILATES	27	28 8:30AM- PILATES/ YOGA FUSION 10:00AM-BODY FIT 5:30PM-MAT PILATES	29	30	31 NO CLASSES TODAY

NOTES

FOR DETAILED CLASS DESCRIPTIONS AND TO BOOK ONLINE GO TO:
WWW.LESLIEEFIRD.COM

BE ON THE LOOK OUT FOR MORE SPECIAL EVENTS IN THE NEAR FUTURE