



290-292 Chestnut St.
 Newark, NJ 07105
 Phone: 973-589-5200
 Fax: 973-589-0706
www.afitabovegym.com

Club Hours
 Mon-Thurs: 6:00AM-11:00PM
 Friday: 6:00AM-10:00PM
 Sat & Sun: 8:00AM-6:00PM

CLASS SCHEDULE

SUNDAY	TRX-Sweat	11:00 am
MONDAY	Zumba Circuit Training	6:15 pm 7:30 pm
TUESDAY	Zumba TRX	6:15 pm 7:30 pm
WEDNESDAY	Zumba TRX Circuit Training	6:15 pm 7:15 pm 7:30 pm
THURSDAY	Cardio Combat TRX-Sweat	6:15 pm 7:15 pm
FRIDAY	Boot Camp TRX-Sweat Circuit Training	6:15 pm 7:15 pm 7:30 pm
SATURDAY	TRX Zumba	11:00 am 12:00 pm