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WWW.Motiv8nU.com

Your Destiny is not by Chance

It is by Choice -

MOTIV8N U CLASS SCHEDULE

USE THESE ICONS TO PICK THE BEST CLASS FOR YOU!



Yoga



Strength



Core/Pilates












Kickboxing



Cardio

\$10 a class if you get a 6 session package / \$12 for drop ins
Individual and duet personal training available - please email for a consultation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8am – 9am Motiv8n U Studio Functional Strength 	<div style="border: 2px solid blue; border-radius: 50%; padding: 10px; text-align: center; color: white;"> <p>These 2 classes are combined at 915 until school starts!</p> </div>		830am-930am XSport Naperville Core Commotion 	630 am – 730 am Motiv8n U Studio Strength 	930am-1030am Lifetime Warrenville Hard Core 
	915am – 1015am Motiv8n U Studio Functional Strength 					930 am – 1030 am XSport Naperville Pilates Every other Sat. 7/24, 8/7, 8/21, 9/4.. 
	545pm – 715pm Motiv8n U Studio Cardio/Strength 	6pm -7 pm Wheaton Studio Functional Strength 	530pm -630pm Lifetime Warrenville Fitness Fusion 	545pm – 715 pm Motiv8n U Studio Strength/Yoga 