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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



Zumba

\$10 a class if you get a 6 session package / \$100 for 12 / \$12 for drop ins
Individual and duet personal training available – please email for a consultation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	815am – 915am Motiv8n U Studio Functional Strength 			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 		130pm – 230pm Wheaton Studio Functional Strength  Class full – email to sign up!		915 am – 1015 am Dragon Strike Martial Arts ZUMBA  Sign up at Dragon Strike!(630)355-8885	
	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 		