

FORTUNA FITNESS SCHEDULE

November 2025

HealthSPORT

CLUB FACILITY 24/7 Access STAFFED Mon-Fri: 9am-9pm and Sat/Sun: 9am-2pm

GROUPX STUDIO (Upstairs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:00pm HIIT Aries		5:30-6:00pm HIIT Aries			

SESSION DESCRIPTIONS

HIIT:

This intense workout alternates between bursts of high-intensity exercises and short periods of rest or lower-intensity activity. You'll experience a full-body burn as you push your limits and maximize your effort. Get ready to sweat, challenge yourself, and leave feeling strong and invigorated!

***Space is limited. Reservations recommended.**

HealthSPORT

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