



“Making Fitness A Priority”

Free Fitness Schedule

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[Core Training](#)

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Weekly Fitness Schedule!

Always consult your Doctor or physician before starting this or any fitness program.

Week of Sunday September 23, 2018

Monday 24

- [Music](#)
- [Quote](#)
- [Core-workout](#)
- [Breakfast](#)
- [Lunch](#)
- [Dinner](#)



Tuesday 25

- [Music](#)
- [Quote](#)
- [Core-workout](#)
- [Breakfast](#)
- [Lunch](#)
- [Dinner](#)



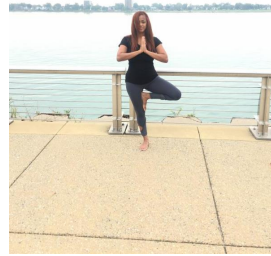
Wednesday 26

- Music
- Quote
- Core-workout
- Breakfast
- Lunch
- Dinner



Thursday 27

- Music
- Quote
- Core-workout
- Breakfast
- Lunch
- Dinner



Friday 28

- Music
- Quote
- Core-workout
- Breakfast
- Lunch
- Dinner



Saturday 29

- Music
- Quote
- Core-workout
- Breakfast
- Lunch
- Dinner



Sunday 29

- Music
- Quote
- Core-workout
- Breakfast

- Lunch
- Dinner



Core-workouts are suggested 2-3 times Daily
5slim weekly fitness schedule is designed to maximize your time and energy throughout the day while providing the body with necessary nutrients.

5Slim FITNESS | (586) 933-5051 | [Email](#) | [Website](#)

STAY CONNECTED

