






Hinesville Day Spa & Salon

Fitness Schedule

912-876-2206

All Classes-\$10









Mon	Tues	Wed	Thur	Fri
Fiesta Tone Body Sculpting 9:00am 	Meditation 10:00am 	Stress Reduction 9:00am 	Meditation 10:00am 	Fiesta Tone Body Sculpting 9:00am 
Bootcamp Pilates 8-9pm 	Yoga 11:00am 	Stress Reduction 4pm 	Beginner's Yoga 11:00am 	
	Advanced Bootcamp 7pm		Zumba 7:30-8:30p 	

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