

Fitness Program Schedule

Dear [Recipient's Name],

We are excited to share with you the schedule for our upcoming fitness program starting on [Start Date]. Please find the details below:

Weekly Class Schedule

Day	Time	Class	Instructor
Monday	6:00 PM - 7:00 PM	Yoga	[Instructor Name]
Wednesday	5:30 PM - 6:30 PM	HIIT	[Instructor Name]
Friday	6:00 PM - 7:00 PM	Zumba	[Instructor Name]

Important Notes:

- Please bring a water bottle to stay hydrated.
- Wear comfortable workout attire.
- Arrive at least 10 minutes early to secure your spot.

We look forward to your participation and hope you enjoy the program!

Best Regards,

[Your Name]

[Your Title]

[Your Contact Information]