

SMALL GROUP AND TEAM TRAINING SCHEDULE

Hours: Monday - Friday: 5:30 AM - 7:00 PM
 Saturday: 8:00 AM - 12:00 PM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am						
6:00am						
7:00am						
8:00am						
9:00am						
10:00am						10:30
11:00am						
12:00pm						
4:00pm						
5:00pm						
6:00pm					5:45	



= Small Group Personal Training



= Foundations



= Industrial Strength



= Afterburn



= Yoga