

SMALL GROUP TRAINING



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		Power 60		Kinetics			
5:30 am	Body Mechanics						
6:00 am	Transform Upper Body		Transform Lower Body		Intense		
7:00 am		Transform Lower Body		Body Mechanics			
8:00 am						Power 60	
9:30 am	Kickboxing				Yoga		
10:00 am	Power 60		Power 30				Yoga
10:30 am		Yoga					
12:00 pm					TRX Training		
4:15pm				Yoga			
4:30 pm	Kickboxing						
5:00 pm		Combat	TRX RIP Battle				
5:30 pm	Gym Class	Kinetics	TRX Boot Camp	Core & More			
6:15 pm			Yoga				
6:45 pm	Tabata Boot Camp		Transform Upper Body				