

**GROUP SESSIONS & TIMES ARE SUBJECT TO CHANGE
PLEASE BOOK IN & SCHEDULE YOUR SESSION ON THE APP**



<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6:00AM	PUNCH FIT 45mins	CROSS TRAINING 45mins	HIIT /TRX /KETTLEBELL 45min	CARDIO KICK FIT 45mins	HIIT / CIRCUIT 45 mins		
7:30AM						CROSS TRAINING 60 mins	
9:15AM	CROSS TRAINING 60 mins	TUMS/BUMS /THIGHS 45mins	CIRCUIT 45 mins	HIIT 30 mins	CROSS TRAINING 60 mins		
10 :30AM	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES		
11:15AM	STRENGTH FOR LIFE 60 mins	STRENGTH FOR LIFE 60 mins		STRENGTH FOR LIFE 60 mins			
	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES	PERSONAL TRAINING AVAILABLE TIMES		
6:30PM	CROSS TRAINING 45 mins	HIIT 30 mins	PUNCH FIT 60 mins	BOOTY BAND 30 mins			
7:00PM		STRENGTH & MEDITATION 45 mins		HIIT /TRX /KETTLEBELL 45min			



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