Group Class Schedule

TIME	MON	TUE	WED	THURS	FRI	SAT	TIME
6:00 AM	Foundational Strength	Endurance Fitness	Regeneration	Foundational Strength	Power and Speed		6:00 AM
7:00 AM	PERSONAL TRAINING		PERSONAL TRAINING	PERSONAL TRAINING			7:00 AM
8:00 AM		Move Your Body	PERSONAL TRAINING			Wild Card	8:00 AM
9:00 AM	Pillars	PERSONAL TRAINING	Pillars	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	9:00 AM
10:00 AM		PERSONAL TRAINING	Postural Realignment	PERSONAL TRAINING	Tool Time	PERSONAL TRAINING	10:00 AM
11:00 AM		PERSONAL TRAINING					11:00 AM
12:00 PM	Athletic Conditioning	Tabata		Tabata			12:00 PM
1:00 PM							1:00 PM
2:00 PM							2:00 PM
3:00 PM							3:00 PM
4:00 PM							4:00 PM
5:00 PM	Foundational Strength	Endurance Fitness		Foundational Strength			5:00 PM
6:00 PM							6:00 PM