

GROUP PERSONAL TRAINING SESSION TIMES



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	FULL BODY STRENGTH 45min	BOXFIT 45min	BUMS & CORE 30min	STRENGTH & CONDITIONING 45min	HIIT 30min		
8:15am						FULL BODY STRENGTH 45min	
10:00am							
6:00pm	FUNCTIONAL 30min	BOXFIT 30min	BUMS & CORE 30min	BUMS & CORE 30min			
6:30pm	STRENGTH & CONDITIONING 45min	HIIT 30min	FUNCTIONAL 30min	FULL BODY STRENGTH 45min			