

# GROUP PERSONAL TRAINING SESSION TIMES



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:15am</b>	<b>STRENGTH &amp; CONDITIONING</b> 45min	<b>SHRED</b> 45min	<b>BUMS &amp; CORE</b> 30min	<b>STRENGTH &amp; CONDITIONING</b> 45min	<b>SHRED</b> 45min		
<b>8:00am</b>						<b>STRENGTH &amp; CONDITIONING</b> 45min	
<b>9:00am</b>						<b>HEATED YOGA FLOW</b> 60min	
<b>9:15am</b>	<b>HEATED MAT PILATES</b> 45min	<b>STRENGTH &amp; CONDITIONING</b> 45min					
<b>6:00pm</b>			<b>HEATED MAT PILATES</b> 45min				
<b>6:15pm</b>	<b>BOXFIT</b> 45min	<b>BUMS &amp; CORE</b> 30min					
<b>7:00pm</b>	<b>STRENGTH &amp; CONDITIONING</b> 45min	<b>SHRED</b> 45min	<b>BOXFIT</b> 45min	<b>STRENGTH &amp; CONDITIONING</b> 45min			