



GROUP TRAINING SCHEDULE

Tuesday

Thursday

Saturday

Circuit Training 6:30 AM - 7:15 AM

Core & Conditioning 6:30 AM - 7:15 AM

Circuit Training 6:30 AM - 7:15 AM

Core & Conditioning 5:30 PM - 6:15 PM

Circuit Training 5:30 PM - 6:15 PM

Core & Conditioning 7:30 AM - 8:15 AM