

## Small Group Personal Training Classes

SUN	MON	TUES	WED	THUR	FRI	SAT
<div>8:00 - 9:00am POP-UP Specialty Class Check Schedule</div> <div>9:30 - 10:20am Trainer's Choice</div>	<div>5:45 - 6:35am S&amp;L - Full</div> <div>7:00 - 7:50am Amped Up</div> <div>8:15- 9:05am S&amp;L - Full</div> <div>4:15 - 5:05pm S&amp;L - Upper</div> <div>5:30 - 6:20pm S&amp;L - Full</div> <div>6:45 - 7:35pm S&amp;L - Full</div>	<div>6:30 - 7:20am Row &amp; Grow</div> <div>8:15- 9:05am Balance &amp; Build</div> <div>4:15 - 5:05pm S&amp;L - Full</div> <div>5:30 - 6:20pm S&amp;L - Full</div>	<div>5:45 - 6:35am Amped Up</div> <div>7:00 - 7:50am Amped Up</div> <div>8:15- 9:05am S&amp;L - Full</div> <div>4:15 - 5:05pm S&amp;L - Lower</div> <div>5:30 - 6:20pm S&amp;L - Full</div> <div>6:45 - 7:35pm S&amp;L - Full</div>	<div>7:00 - 7:50am Amped Up</div> <div>8:15- 9:05am Balance &amp; Build</div> <div>4:15 - 5:05pm Row &amp; Grow</div> <div>5:30 - 6:20pm S&amp;L - Full</div>	<div>5:45 - 6:35am S&amp;L - Full</div> <div>7:00 - 7:50am S&amp;L - Full</div> <div>8:15- 9:05am Row &amp; Grow</div> <div>4:45 - 5:35pm POP-UP Row &amp; Grow or Trainer's Choice</div>	<div>8:00 - 8:50am Trainer's Choice</div> <div>9:15 - 10:05am Trainer's Choice</div> 