

Small Group Personal Training Classes

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|---|--|---|--|---|---|
| | <p>5:45 - 6:35am S&L - Full</p> | <p>5:45 - 6:35am Amped Up</p> | <p>5:45 - 6:35am Amped Up</p> | <p>5:45 - 6:35am Sweat & Stretch</p> | <p>5:45 - 6:35am S&L - Full</p> | |
| | <p>7:00 - 7:50am Amped Up</p> | <p>7:00 - 7:50am S & L - Full</p> | <p>7:00 - 7:50am Sweat & Stretch</p> | <p>7:00 - 7:50am Amped Up</p> | <p>7:00 - 7:50am S&L - Full</p> | |
| <p>9:00 - 9:50am Trainer's Choice</p> | <p>8:15- 9:05am Fun Functional</p> | | | | <p>8:15- 9:05am Balance & Build</p> | <p>8:00 - 8:50am Trainer's Choice</p> |
| <p>10:15 - 11:05am Sweat & Stretch</p> | | <p>9:30 - 10:20am Balance & Build</p> | <p>9:30 - 10:20am Amped Up</p> | <p>9:30 - 10:20am Balance & Build</p> | | <p>9:15 - 10:05am Trainer's Choice</p> |
| | | | | <p>10:45 - 11:35am Fun Functional</p> | | |
| | <p>12:00 - 12:50 Amped Up</p> | <p>12:00 - 12:50 S&L - Upper</p> | <p>12:00 - 12:50 Amped Up</p> | <p>12:00 - 12:50pm S&L - Lower</p> | <p>12:00 - 1:00pm Fun Functional</p> | |
| | | <p>4:00 - 4:50pm S&L - Lower</p> | | <p>4:00 - 4:50pm Amped up</p> | <p>3:00 - 3:50pm Sweat & Stretch</p> | |
| | <p>4:15 - 5:05pm S&L - Upper</p> | | <p>4:15 - 5:05pm Fun Functional</p> | | <p>4:45 - 5:35pm Trainer's Choice</p> | |
| | <p>5:30 - 6:20pm S&L - Full</p> | <p>5:15 - 6:05pm Fun Functional</p> | <p>5:30 - 6:20pm Amped up</p> | <p>5:15 - 6:05pm S&L - Full</p> | | |
| | <p>6:45 - 7:35pm S&L - Full</p> | | <p>6:45 - 7:35pm S&L - Full</p> | | | |

