

TOUGH COOKIE TRAINING

SUN

MON

TUE

WED

THU

FRI

SAT

5:30 AM

GROUP
STRENGTH
TRAINING

GROUP
STRENGTH
TRAINING

GROUP
STRENGTH
TRAINING

GROUP
STRENGTH
TRAINING

6:30 AM

GROUP
CYCLING

6:30 AM 7:30 AM

GROUP
CYCLING

75 MINUTE
HYBRID

9 AM

75 MINUTE
HYBRID CLASS

9 AM

GROUP
STRENGTH
TRAINING

9 AM

GROUP
STRENGTH
TRAINING

9 AM

75 MINUTE
HYBRID

6 PM

GROUP
STRENGTH
TRAINING

6 PM

GROUP
CYCLING
SESSION

7 PM

75 MINUTE
HYBRID
SESSION

7 PM

GROUP
STRENGTH
TRAINING

7:10 PM 7 PM

GROUP
CYCLING
SESSION

GROUP
STRENGTH
TRAINING

7:10 PM

GROUP
STRENGTH
TRAINING
