



## SMALL GROUP PERSONAL TRAINING SCHEDULE

JUNE 2021

DAY / TIME	CLASS
<b>MONDAY</b>	
9:30AM	UPPER BODY BLAST
5:00PM	30 MIN CARDIO
5:30PM	UPPER BODY BLAST
<b>TUESDAY</b>	
6:00 AM	WHOLE BODY CIRCUIT
7:30 AM	STRENGTH TRAINING
9:30 AM	WHOLE BODY - LOW IMPACT
5:00 PM	30 MIN CARDIO KICKBOXING
5:30 PM	WHOLE BODY CIRCUIT
<b>WEDNESDAY</b>	
8:30 AM	WHOLE BODY CIRCUIT
9:30 AM	UPPER BODY STRENGTH/BALANCE/CORE
4:30 PM	CORE STRENGTH
5:30 PM	LOWER BODY STRENGTH TRAINING
<b>THURSDAY</b>	
6:00 AM	WHOLE BODY CIRCUIT
7:30 AM	STRENGTH TRAINING
9:30 AM	WHOLE BODY - LOW IMPACT
5:00 PM	30 MIN CARDIO KICKBOXING
5:30 PM	WHOLE BODY CIRCUIT
<b>FRIDAY</b>	
8:30 AM	WHOLE BODY CIRCUIT
9:30 AM	UPPER BODY BLAST
<b>SATURDAY</b>	
9:00 AM	SEXY SATURDAY!