

ISP Small Group Fitness Schedule – January 2021

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8:15a			TRX w/ Tony		Short Circuits w/ Tony		
9am		GBM: Ground- based mobility w/ Tony		GBM w/ Tony			
10am							
Noon			Lunch-time group fitness w/ Tony	Short Circuits w/ Tony			
5pm				Short Circuits w/ Tony			
7pm							