

Group Training Schedule

	MON	TUE	WED	THU	FRI
5:45am	307 SCULPT (30 MINS) Trainer: Cassidie		307 SCULPT (30 MINS) Trainer: Cassidie		307 SCULPT (30 MINS) Trainer: Cassidie
8:15am		POWDER HORN* BOOTCAMP (45 MINS) Trainer: Joanie		POWDER HORN* BOOTCAMP (45 MINS) Trainer: Joanie	
10:15am		GROUP TRAINING (45 MINS) Trainer: Jenna		GROUP TRAINING (45 MINS) Trainer: Jenna	OPEN GYM THE STUDIO WILL BE OPEN AND STAFFED 10AM-12PM ON FRIDAYS. MULTIPLE WORKOUT OPTIONS WILL BE AVAILABLE TO CHOOSE FROM AND COMPLETE ON YOUR OWN. STAFF WILL BE AVAILABLE TO ANSWER QUESTIONS & ASSIST WITH PROPER FORM. 10am-12pm
12:15pm		GROUP TRAINING (30 MINS) Trainer: Jenna		GROUP TRAINING (30 MINS) Trainer: Jenna	
12:45pm		GROUP TRAINING (45 MINS) Trainer: Jenna		GROUP TRAINING (45 MINS) Trainer: Jenna	
1:30pm		GROUP TRAINING (30 MINS) Trainer: Jenna		GROUP TRAINING (30 MINS) Trainer: Jenna	
5:00pm	GROUP TRAINING (45 MINS) Trainer: Jenna		GROUP TRAINING (45 MINS) Trainer: Patty		



*8:15am Tue/Thu bootcamp classes are open to Powder Horn members only.