

# AWESOME INC. GROUP WEIGHT TRAINING/GROUP FITNESS CLASSES/MOBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM			BOOT CAMP DANIEL		BOOT CAMP DANIEL		
6:30am	Group Training		Group Training		Group Training	Closed	Closed
7:30am						EARLY BIRD BOOT CAMP VERA	Closed
8:30am						MOBILITY VERA	Closed
9:00am	Group Training		Group Training	CARDIO MELT DOWN JOHN	Group Training		Closed
9:00am		Jocelyn/Group	Jocelyn/Group		Jocelyn/Group		Closed
10:00am						USMC BOOT CAMP JOHN	Closed
11:00am	HIIT JOHN	CARDIO BOXING JOHN	HIIT JOHN	CORE FORCE VERA		CARDIO BOXING JEFF	Closed
12:00pm	Group Training	Group Training	Group Training	Group Training	Group Training	BOOTY BUILDER DANIEL	Closed
3:00pm		Daniel/Youth (8-17)		Daniel/Youth (8-17)		Closed	Closed
4:00pm	Group Training	Group Training	Group Training	Group Training		Closed	Closed
5:00pm	Group Training	Group Training	Group Training	Group Training		Closed	Closed
6:00pm	Group Training	CARDIO BOXING JOHN	Group Training	MOBILITY DANIEL	HIP HOP DANCE JEFF	Closed	Closed
7:00pm	BOOT CAMP JEFF	BOOT CAMP JON	BOOT CAMP DANIEL			Closed	Closed

**PERSONAL TRAINERS ARE AVAILABLE FROM 4 A.M. UNTIL 9 P.M.**

**CALL (206) 778-6344 OR E - MAIL TO SCHEDULE YOUR NEW CLIENT ASSESSMENT.**

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AWESOME INC. FITNESS

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