



Group Training Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-6:45 am: Awesome Abs Effect	6-6:45 am: Total Body Energy	6-6:45 am: Upper Effect	6-6:45 am: Total Body Energy	6-6:45 am: Lower Effect	7:30- 8:15 am: Total Body Effect
8:30- 9:15 am: Total Body Energy		8:30-9:15 am: Total Body Energy		8:30-9:15 am: Total Body Energy	9-9:45 am: Total Body Energy
9:30- 10:15 am: Total Body Effect		9:30- 10:15 am: Upper Effect		9:30- 10:15 am: Lower Effect	
5:30- 6:15 pm: Total Body Energy	4:30- 5:15 pm: Upper Effect	5:30-6:15 pm: Total Body Energy	4:30-5:15 pm: Upper Effect		
6:30- 7:15 pm: Upper Effect	5:30- 6:15 pm: Abs Effect	6:30-7:15 pm: Lower Effect	5:30-6:15 pm: Abs Effect		
	6:30- 7:15 pm: Total Body Energy		6:30-7:15 pm: Total Body Energy		

•Holiday Schedule TBA•