



Group Training Sessions



Hours of Operation: Monday - Thursday 5:30am - 7:00pm Friday 5:30am-6:00pm Saturday 9:00am-11:00am **Z** = Metabolic Training Zone

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
5:00 AM		<i>Semi-Private Training</i>		<i>Semi-Private Training</i>		
5:30 AM	Total Body Strength		Total Body Strength		Total Body Strength	
9:00 AM	Total Body Strength		Total Body Strength		Total Body Strength	Ready, Set, Stretch
10:00 AM						Weekend Warrior
4:00 PM	<i>Semi-Private Training</i>	<i>*Empow{H}er / Semi-Private Training</i>	<i>Semi-Private Training</i>	<i>*Empow{H}er / Semi-Private Training</i>	<i>Semi-Private Training</i>	
4:15 PM						
6:00 PM	Total Body Strength	Metabolic Burn Z	Total Body Strength	CORE Training Camp Z		
7:00 PM	<i>Semi-Private Training</i>		<i>Semi-Private Training</i>		<i>Semi-Private Training</i>	