



# 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
4:45 AM	<i>Semi-Private Training</i>		<i>Semi-Private Training</i>		<i>Semi-Private Training</i>	
5:30 AM	Total Body Strength	Metabolic Burn <b>Z</b>	Total Body Strength	CORE Training Camp <b>Z</b>	Total Body Strength	
9:00 AM	Total Body Strength	Metabolic Burn <b>Z</b>	Total Body Strength	CORE Training Camp <b>Z</b>	Total Body Strength	Ready, Set, Stretch
10:00 AM						Weekend Warrior
4:00 PM		<i>*Empow{H}er</i>		<i>*Empow{H}er</i>	<i>Semi-Private Training</i>	
4:15 PM		<i>Youth Training Camp</i>		<i>Youth Training Camp</i>		
5:00 PM	Total Body Strength <i>Semi-Private Trainin</i>	Metabolic Burn <b>Z</b>	Total Body Strength <i>Semi-Private Trainin</i>	CORE Training Camp <b>Z</b>	Total Body Strength	
6:00 PM	Total Body Strength	Metabolic Burn <b>Z</b>	Total Body Strength	CORE Training Camp <b>Z</b>		