



FIT GROUP TRAINING SCHEDULE

MORNING

M	T	W	TH	F	SA
FIT STRENGTH	FIT CONDITIONING	FIT STRENGTH	FIT CONDITIONING	FIT STRENGTH	FIT CIRCUIT
5 A.M. 1 HOUR	5 A.M. 1 HOUR	5 A.M. 1 HOUR	5-6 A.M. OPEN GYM	5 A.M. 1 HOUR	
6 A.M. 1 HOUR		6 A.M. 1 HOUR	6 A.M. 1 HOUR	6 A.M. 1 HOUR	
	6-8:30 A.M. OPEN GYM		7-8 A.M. OPEN GYM		
8:30 A.M. 1 HOUR		8:30 A.M. 1 HOUR	8 A.M STRETCH AND RECOVERY 1 HOUR	8:30 A.M. 1 HOUR	8 A.M 1 HOUR
9:30 A.M. 1 HOUR	9 A.M. 1 HOUR	9:30 A.M. 1 HOUR	9 A.M. 1 HOUR	9:30 A.M. 1 HOUR	9 A.M. 1 HOUR

***OPEN GYM AVAILABLE WITH GROUP TRAINING MEMBERSHIPS**



FIT GROUP TRAINING SCHEDULE

AFTERNOON

M	T	W	TH	F	SA
FIT STRENGTH	FIT CONDITIONING	FIT STRENGTH	FIT CONDITIONING	FIT STRENGTH	FIT CIRCUIT
				12:30 P.M. 1 HOUR	
4 P.M. 1 HOUR	4 P.M. 1 HOUR	4 P.M. 1 HOUR	4 P.M. 1 HOUR	4 P.M. 1 HOUR	
	5-6:15 P.M. OPEN GYM		5-6:15 P.M. OPEN GYM		
5:15 P.M. 1 HOUR		5:15 P.M. 1 HOUR			
6:30 P.M. 1 HOUR	6:15 P.M. 1 HOUR	6:30 P.M. 1 HOUR	6:15 P.M. 1 HOUR		

***OPEN GYM AVAILABLE WITH GROUP TRAINING MEMBERSHIPS**