



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 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		5-9 A.M. OPEN GYM		
8:30 A.M. 1 HOUR	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	9:30 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
4 P.M.	4 P.M.	4 P.M.	4 P.M.	4 P.M.	
1 HOUR	1 HOUR	1 HOUR	1 HOUR	1 HOUR	
	5-6:15 P.M. OPEN GYM		5-6:15 P.M. OPEN GYM		
5:15 P.M.		5:15 P.M.			
1 HOUR		1 HOUR			
6:30 P.M.	6:15 P.M.	6:30 P.M.	6:15 P.M.		
1 HOUR	1 HOUR	1 HOUR	1 HOUR		

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