

SMALL GROUP TRAINING FALL 19' SCHEDULE

September 30th - December 6th

	Monday	Tuesday	Wednesday	Thursday	Friday
7-8 a.m.		Muay Thai - Harry 7:00–8:00 a.m. (MA)		Cross Training - Nicole 7:00–8:00 a.m. (RIG) Muay Thai - Harry 7:00–8:00 a.m. (MA)	
12:15-1:15 p.m.	Powerlifting - Harry 12:15–1:15 p.m. (RIG)	Kickboxing - Harry 12:15–1:15 p.m. (MA)	CrossTraining - Nicole 12:15–1:15 p.m. (FitYard)	Mobility WOD - Nicole 12:15–1:15 p.m. (FS) Kickboxing - Harry 12:15–1:15 p.m. (MA) TRX - Vince 12:15–1:15 p.m. (RIG)	
5:30-6:30 PM	HIIT - Nerisa 5:30-6:30 p.m. (FS)	HIIT - Anthony 5:30-6:30 p.m. (FitYard)	TRX - Tim 5:30-6:30 p.m. (RIG) StrengthSports - Reed 5:30-6:30 p.m. (FitYard)	Powerlifting - Vince 5:30-6:30 p.m. (RIG)	Strength Training - Tim 5:30-6:30 p.m. (RIG)
6:45-7:45 PM		Calisthenics - Brandon 6:45-7:45 p.m. (RIG)			

LOCATION KEY: (RIG) Rig Space – (FS) Functional Space - (MA) Martial Arts Studio - (FitYard) Outdoor Fit Yard
See Map for Specific Locations