

SMALL GROUP Fall 2022

Sept 26th-Dec 3rd

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HIIT 8-9am Saanya (Rig)					
		Total Body Strength 3-4pm Brendan (Rig)		Powerlifting 2:30-3:45pm Jordan (Rig)			
		Yoga Jumpstart 5:30-6:30pm Tamara (Studio C)	Olympic Lifting 5-6pm Michael (Platforms)	Core Crush 4-4:30pm Manreet (Rig)	Olympic Lifting 5-6pm Michael (Platforms)		
		Glutes and Core 7:15-7:45pm Emily (Rig)	Core Crush 5:30-6pm Kaitlyn (Rig)	Flexibility and Mobility 5:45-6:45pm Lev (Rig)			
			Core Crush 6:30-7pm Sophia (Rig)		Core Crush 7-7:30pm Makhi (Rig)		

