SMALL-GROUP TRAINING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30AM- **Kettle bell/Fusion**		**7:30AM-** **Kettle bell/Fusion**		**7:30AM-** **Kettle bell/ Fusion**	
		9:00AM- **X-Fit**		**9:00AM-** **X-Fit**		**9:00AM – Floor Training** **10:00AM – TRX**
	6:00pm- **TRX**		**6:00pm-** **TRX**			

*ALL SMALL-GROUP CLASSES REQUIRE REGISTRATION… SEE FITNESS DIRECTOR TO SIGN-UP Revised 5-1-12