



ARE YOU IN THE ZONE?

FLEXIBLE SCHEDULE OPTIONS*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	
8:15AM						HIT FORCE <small>HIGH INTENSITY INTERVAL TRAINING</small>
12:15PM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>		
6:30PM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	

**Subject to change upon notice.*

For more information, contact a Zone4 Coach or visit the Front Desk!

