ARE YOU IN THE ZONE?

FLEXIBLE SCHEDULE OPTIONS*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	TOTAL BODY WORKOUT METCON GROUP EXCLUSIVE TRAINING	UPPER HIGH BYTENSTY INTERVAL TRANNING	MICH INTERSITY INTERVAL TRANSMIS	• LEGS HOWENETY HOS RYVAL TRANSHING	TOTAL BODY WORKOUT METCON GROUP EXCLUSIVE TRAINING	
8:15AM						FORCE HIGH INTERESTY UNICEPOOL TRANSHING
12:15PM	TOTAL BODY WORKOUT	HIGH INTERSITY INTERVAL TRAINING	HIGH INTERSITY INTERNAL TRAINING	HIGH INTERPRETY INTERPAL TRAINING		
6:30PM	TOTAL BODY WORKOUT FOUR TEXTS TO THE TOTAL BODY WORKOUT FROUP CXCLUSIVE TRAILING	MGM INTERESTY INTERVAL TRAINING	NICH INTERSTITY INTERVAL TRAINING	• LEGS HIGH INTERPLY INTERVAL TRAINING	TOTAL BODY WORKDUT	

*Subject to change upon notice.

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

