

GROUP EXCLUSIVE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	TOTAL BODY WORKOUT FOR THE TOTAL BODY WORKOUT GROUP CKCCUSIVE TRAINING	HIGH INTERSITY INTERVAL TRAINING	*EDRE HIGH INTENSITY INTENSITY INTENSITY	LECE HIGH INTENSITY INTENVAL TRAINING	TOTAL BODY WORKDUT METCON GROUP EXCLUSIVE TRAINING	
8:30 AM	TOTAL BODY WORKOUT FOR THE TOTAL BODY WORKOUT GROUP EXCLUSIVE TRAINING	HIGH INTERSITY INTERVAL TRAINING	*EORE HER BYGNETY INTERVAL TRAINING	HIGH INTENSITY INTERVAL TRAINING	TOTAL BODY WORKDUT METCON GROUP EXCLUSIVE TRAINING	9:00 AM
9:30 AM						10:00 AM *FURCE HIGH INTERVAL TRAINING
5:30 PM	TOTAL BODY WORKDUT	• UPPER MIGH BUTENSITY INTERVAL TRAHBING	FEDRE HIGH INTENSITY INTENSITY INTENSITY	LECE HIGH INTENSITY INTENVAL TRAMING	METCON GROUP EXCEPTIVE TRAINING	

Get Fit, Fast with Real Results!

All Group Exclusive Sessions are powered by Heart Rate Tracking. To maximize your results, units are available for purchase at the front desk. All sessions will be held in Group Exclusive Studio.