

# Onelife<sup>®</sup> FITNESS

## GROUP EXCLUSIVE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <b>UPPER</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>CORE</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>LEGS</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	
8:00 AM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <b>UPPER</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>CORE</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>LEGS</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>8:30 AM</b> <b>HIIT</b> <b>FORCE</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>
9:30 AM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <b>UPPER</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>CORE</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>LEGS</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <b>FORCE</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>
12:00 PM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <b>UPPER</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>CORE</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>LEGS</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	
6:00 PM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <b>UPPER</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>CORE</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <b>LEGS</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>		

**ALL SESSIONS INCLUDED ON UNLIMITED BASIS!**

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.

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