

GROUP EXCLUSIVE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	CAMP	HIGH INTENSITY INTERVAL TRAINING	*CAMP	HECLE HIGH INTENSITY INTERVAL TRAINING	CAMP	
7:30 AM	TOTAL BODY WORKOLT FOR DUP EXECUSIVE TRAINING	HIGH INTERSITY INTERVAL TRAINING	+CORE NIGH DITENSITY INTERNAL TRAINING	HIGH INTENSITY INTERVAL TRAINING	TOTAL BODY WORKDUT	
8:30 AM	TOTAL BODY WORKOUT METCON GROUP CXCLUSIVE STRAINING	CALLED TOTAL BODY WORKOUT	CORE HIGH INTERSITY INTERVAL TRAINING	GALLED TOTAL BOOT WORKOUT	TOTAL BODY WORKOUT FOR GUP EXECUSIVE TRAINING	CAMP
9:30 AM	PAND TOTAL BODY WORKOUT		CALLED TOTAL BODY WORKOUT		CAMP TOTAL BOOT WORKOUT	FORCE HIGH INTERNALTY INTERNAL TRAINING
9:45 AM		HIGH INTENSITY INTERVAL TRAINING		LEGS HIGH INTENSITY INTERVAL TRAINING		·
12:00 PM	TOTAL BODY WORKCLIT FOR THE TOTAL BODY WORKCLIT GROUP CYCLUSIVE TRAINING	HIGH INTENSITY INTERVAL TRAINING	+ EORE HIGH BYCHETY HYTERYAL TRAINING	HIGH INTENSITY INTERVAL TRAINING	TOTAL BODY WORKDUT FOR THE TOTAL GROUP EXCLUSIVE TRAINING	
5:30 PM	CAMP TOTAL BOOT WORKOUT	HIGH INTERSITY INTERVAL TRAINING	+CORE HIGH INTENSITY HYGHVAA TRAINING	HIGH INTENSITY INTERVAL TRAINING		
6:30 PM	TOTAL BODY WORKDUT TOTAL					

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.