

GROUP EXCLUSIVE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM						
7:30AM						
8:30AM						FORCE
9:00AM						
9:30AM						FORCE
10:00AM						
12:00PM						
3:30PM						
5:30PM						
6:00PM						
6:30PM						

ALL SESSIONS INCLUDED ON UNLIMITED BASIS!

All Group Exclusive Sessions are now powered by HEART RATE ACTIVITY TRACKING! Maximize your results during your sessions. We have units available at the front desk and are currently running a special. Get yours today while supplies last!

- Please note that METCON sessions will run approximately 45 minutes.
- All Group Exclusive Training sessions will be held in the Functional Training Room.
- Members may utilize the room whenever there is no Group Exclusive class in session.