

GROUP EXCLUSIVE SCHEDULES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM				FORCE		
7:30AM	FORCE		FORCE		FORCE	
8:30AM						
9:30AM						
9:45AM				FORCE		
12:00PM			FORCE	FORCE		
3:30PM						
5:30PM			FORCE			
5:45PM						
6:30PM						
7:15PM						

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 & Boot Camp sessions will run approximately 55 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.