












GROUP TRAINING TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 AM	 Weight Loss		 Weight Loss		 Weight Loss	
7.30 AM						 Troop Burn FREE Class
9.30 AM			 Shape Up	 Shape Up	 Shape Up	
4:00 PM				 Kids Class		
6.15 PM	 Boxercise	 Fitter. Stronger.	 Boxercise	 Fitter. Stronger.		

FIT MIND • FIT BODY • FIT LIFE

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