

GROUP TRAINING SCHEDULE

time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM					
7:00 AM	British Boot Camp Helen		Strength & Conditioning Emily		British Boot Camp Helen Strength & Conditioning Emily
8:00 AM		CORE Crusher Emily 30 mins		ARMS & ABS Kim	Strength & Conditioning Sam
9:00 AM	Power HOUR Emily 9:30-10:30		Strength & Conditioning Sam		
10:00 AM	Power of ROPES Emily 10:30-11:00	Tuesday TABATA Emily 30 mins	LEGS & BUTTS Emily 30 mins	Power HOUR Kim	
11:00 AM					
12:00 PM	LUNCH CRUNCH Emily		BALLS & BELLS Emily		
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM		Strength & Conditioning Dan	Power HOUR Kim	Strength & Conditioning Dan	
5:00 PM					
6:00 PM		Resistance Greg	Stretch & Tone Greg 30 mins		
7:00 PM					
8:00 PM					