

# planet fitness

## group training sessions timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am-7.30am 30 Minute Circuit	12:00pm-12:30pm Chest and Biceps		12:00pm-12:30pm 30 Minute Circuit	7:00am-7:30am Stretch
7:30am-8:00am 30 Minute Circuit	12:30pm-1:00pm Back and Triceps	1:00pm-1:30pm Legs and Shoulders	12:30pm-1:00pm Chest and Biceps	7:30am-7:50am Orientation
8:00am-8:30am Back and Triceps	1:00pm-1:30pm Legs and Shoulders	1:30pm-2:00pm Planet Tone	1:00pm-1:30pm Abs	8:00am-8:30am Back and Triceps
8:30am - 9:00am Chest and Biceps	1:30pm-2:30pm Program Design	2:00pm-2:30pm Stretch	1:30pm-2:00pm Planet Tone	8:30am-9:30am Program Design
9:30am-10:00am Legs and Shoulders	2:30pm-3:00pm Stretching	2:30pm-3:00pm Back and Triceps	2:00pm-2:30pm Strength	9:30am-10:00am Abs
10:00am-10:20am Orientation	3:00pm-3:20pm Orientation	3:00pm-3:30pm Back and Triceps		10:00am-10:30am 30 Minute Circuit
		3:30pm-3:50pm Orientation	3:00pm-3:30pm Legs and Shoulders	10:30am-11:00am Chest and Biceps
11:00am-12:00am Program Design	4:00pm-4:30pm Strength	4:00pm-4:20pm Orientation	3:30pm-4:30pm Program Design	
12:00pm-12:30pm Abs	4:30pm-5:30pm Program Design		4:30pm-5:00pm Chest and Biceps	11:30am-12pm Legs and Shoulders
12:30-1:00pm Strength	5:30pm-6:00pm 30 Minute Circuit	5:00pm-5:30pm Abs	5:00pm-5:30pm Back and Triceps	12:00pm-12:20pm Orientation
1:00pm-1:30pm Planet Tone	6:00pm-6:30pm Abs	5:30pm-6:30pm Program Design	5:30pm-5:50pm Orientation	12:30pm-1:00pm Planet Tone
1:30pm-2:00pm Abs	6:30pm-7:00 pm 30 Minute Circuit	6:30pm-7:00pm 30 Minute Circuit	6:00pm-6:30pm 30 Minute Circuit	1:00pm-1:30pm Strength
	7:00pm- 7:30pm Planet Tone	7:00pm-7:30pm Strength	6:30pm-7:00pm Orientation	
2:30pm-3:00pm Stretch		7:30pm-8:00pm Abs	7:00pm-7:30pm Stretch	

Program Design - Have our trainer design a workout tailored to your fitness goals.

Orientation - If you're new to fitness and want to learn about our equipment and programming, this session is for you.

30 Minute Circuit - We'll take you through a fast, effective, full-body workout.

Stretching - Start the recovery process and enhance your flexibility with this relaxing post-workout session.

Abs - This session will help tighten and tone your abdominals, obliques, and low back.

Chest and Biceps - Press and curl your way to increased strength for these two muscle groups.

Back and Triceps - Push and pull your way to increased strength for these two muscle groups.

Legs and Shoulders - A balanced session to build strength and improve function in these muscle groups.

Planet Tone- Get your heart rate up in this cardio-focused session.

Strength - Build your strength and power in this fun-filled workout.