



small group training timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|
| 12:00 - 12:30 PM Orientation | 12:00 - 12:30 PM Upper Body | 8:00 - 8:30 AM DYOP | 12:00 - 12:30 PM Lower Body | 8:00 - 8:30 AM Core |
| 12:30 - 1:00 PM DYOP | 12:30 - 1:00 PM Lower Body | 8:30 - 9:00 AM DYOP | 12:30 - 1:00 PM Core | 8:30 - 9:00 AM Stretch |
| 1:00 - 1:30 PM 30 Minute Circuit | 1:00 - 1:30 PM DYOP | 9:00 - 9:30 AM Orientation | 1:00 - 1:30 PM Upper Body | 9:00 - 9:30 AM Lower Body |
| 1:30 - 2:00 PM Upper Body | 1:30 - 2:00 PM 30 Minute Circuit | 9:30 - 10:00 AM PF360 Strength | 1:30 - 2:00 PM Stretch | 9:30 - 10:00 AM Upper Body |
| 2:00 - 2:30 PM PF360 Burn | 2:00 - 2:30 PM Upper Body | 10:00 - 10:30 AM Upper Body | 2:00 - 2:30 PM Orientation | 10:00 - 10:30 AM Orientation |
| 2:30 - 3:00 PM Stretch | 2:30 - 3:00 PM PF360 Strength | 10:30 - 11:00 PM Lower Body | 2:30 - 3:00 PM 30 Minute Circuit | 10:30 - 11:00 AM PF360 Burn |
| 3:00 - 3:30 PM Core | 3:00 - 3:30 PM Stretch | 11:00 - 11:30 AM 30 Minute Circuit | 3:00 - 3:30 PM DYOP | 11:00 - 11:30 AM 30 Minute Circuit |
| | | 11:30 - 12:00 PM Core | 3:30 - 4:00 PM DYOP | 11:30 - 12:00 PM PF360 Strength |
| 4:00 - 4:30 PM DYOP | 4:00 - 4:30 PM DYOP | | | 12:00 - 12:30 PM DYOP |
| 4:30 - 5:00 PM DYOP | 4:30 - 5:00 PM DYOP | 12:30 - 1:00 PM DYOP | 4:30 - 5:00 PM 30 Minute Circuit | 12:30 - 1:00 PM DYOP |
| 5:00 - 5:30 PM Lower Body | 5:00 - 5:30 PM Upper Body | 1:00 - 1:30 PM 30 Minute Circuit | 5:00 - 5:30 PM PF360 Burn | |
| 5:30 - 6:00 PM Stretch | 5:30 - 6:00 PM Core | 1:30 - 2:00 PM Core | 5:30 - 6:00 PM PF360 Strength | |
| 6:00 - 6:30 PM Upper Body | 6:00 - 6:30 PM 30 Minute Circuit | 2:00 - 2:30 PM PF360 Burn | 6:00 - 6:30 PM Core | |
| 6:30 - 7:00 PM PF360 Strength | 6:30 - 7:00 PM PF360 Burn | 2:30 - 3:00 PM Stretch | 6:30 - 7:00 PM 30 Minute Circuit | |
| 7:00 - 7:30 PM Core | 7:00 - 7:30 PM Lower Body | | 7:00 - 7:30 PM Core | |
| 7:30 - 8:00 PM 30 Minute Circuit | 7:30 - 8:00 PM Core | | 7:30 - 8:00 PM DYOP | |

DYOP - 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.

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

Core - This session will help tighten and tone your abdominals, obliques, and lower back.

Upper Body - Push and Pull your way to increased upper body strength with this ever changing muscle class.

Lower Body - Build leg strength and improve function with this ever changing lower body class.

PF360 Burn - Get your heart rate up in this cardio-focused session.

PF360 Strength - Build your strength and power in this fun-filled workout.

First come, first serve.