



small group training timetable

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