



Large Group Sessions

Hours of Operation: Monday - Thursday 5:30am - 8:00pm Friday 5:30am-6:00pm Saturday 9:00am-11:00am

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
5:30 AM	Total Body Strength	Metabolic Burn	Total Body Strength	CORE Training Camp	Total Body Strength	
9:00 AM	Total Body Strength	Metabolic Burn <i>*Empow{H}er</i>	Total Body Strength	CORE Training Camp <i>*Empow{H}er</i>	Total Body Strength	Ready, Set, Stretch
10:00 AM						Weekend Warrior
4:00 PM		<i>*Empow{H}er</i>		<i>*Empow{H}er</i>		
5:00 PM	Total Body Strength	Metabolic Burn	Total Body Strength	CORE Training Camp	Total Body Strength	
6:00 PM	Total Body Strength	Metabolic Burn	Total Body Strength	CORE Training Camp		
7:00 PM		Metabolic Burn		CORE Training Camp		