# SMALL GROUP TRAINING SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| **CARDIO ENDURANCE**<br>7:00 AM - 8:00 AM<br>TRAINER ANDREW | | **CORE & BALANCE**<br>6:00 AM - 6:30 AM<br>TRAINER JO | | **CORE & BALANCE**<br>6:00 AM - 6:30 AM<br>TRAINER JO | |
| | | **HIIT**<br>6:30 AM - 7:00 AM<br>TRAINER JO | | **HIIT**<br>6:30 AM - 7:00 AM<br>TRAINER JO | |
| | | | | | **CORE & BALANCE**<br>10:30 AM - 11:00 AM<br>TRAINER ROTATING |
| | | | | | **STRENGTH TRAINING**<br>11:00 AM - 11:30 AM<br>TRAINER ROTATING |
| | **CARDIO ENDURANCE**<br>11:00 AM - 12:00 PM<br>TRAINER LAUREN | **CORE & BALANCE**<br>11:30 AM - 12:00 PM<br>TRAINER JOSH | **CARDIO ENDURANCE**<br>11:00 AM - 12:00 PM<br>TRAINER LAUREN | | |
| | **STRETCHING**<br>12:00 PM - 12:30 PM<br>TRAINER LAUREN | **STRENGTH TRAINING**<br>12:00 PM - 12:30 PM<br>TRAINER JOSH | **STRETCHING**<br>12:00 PM - 12:30 PM<br>TRAINER LAUREN | | |
| | | | | | |
| **HIIT**<br>7:00 PM - 7:30 PM<br>TRAINER ANDREW | **CORE & BALANCE**<br>4:30 PM - 5:00 PM<br>TRAINER JOSH | | | | |
| **STRENGTH TRAINING**<br>7:30 PM - 8:00 PM<br>TRAINER ANDREW | **HIIT**<br>5:00 PM - 5:30 PM<br>TRAINER JOSH | | | | |