

# SMALL GROUP TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CARDIO ENDURANCE</b> 6:30 AM - 7:30 AM TRAINER ALLISON		<b>CORE &amp; BALANCE</b> 6:00 AM - 6:30 AM TRAINER MAKAYLA		<b>CORE &amp; BALANCE</b> 6:00 AM - 6:30 AM TRAINER MAKAYLA	
		<b>HIIT</b> 6:30 AM - 7:00 AM TRAINER MAKAYLA		<b>HIIT</b> 6:30 AM - 7:00 AM TRAINER MAKAYLA	
					<b>CORE &amp; BALANCE</b> 10:30 AM - 11:00 AM TRAINER ROTATING
					<b>STRENGTH TRAINING</b> 11:00 AM - 11:30 AM TRAINER ROTATING
	<b>CARDIO ENDURANCE</b> 11:00 AM - 12:00 PM TRAINER LAUREN	<b>CORE &amp; BALANCE</b> 11:30 AM - 12:00 PM TRAINER JOSH	<b>CARDIO ENDURANCE</b> 11:00 AM - 12:00 PM TRAINER LAUREN		
	<b>STRETCHING</b> 12:00 PM - 12:30 PM TRAINER LAUREN	<b>STRENGTH TRAINING</b> 12:00 PM - 12:30 PM TRAINER JOSH	<b>STRETCHING</b> 12:00 PM - 12:30 PM TRAINER LAUREN		
<b>HIIT</b> 5:15 PM - 5:45 PM TRAINER ALLISON					
<b>STRENGTH TRAINING</b> 5:45 PM - 6:15 PM TRAINER ALLISON	<b>CORE &amp; BALANCE</b> 5:45 PM - 6:15 PM TRAINER JOSH		<b>STRENGTH TRAINING</b> 5:45 PM - 6:45 PM TRAINER MARK		
	<b>HIIT</b> 6:15 PM - 6:45 PM TRAINER JOSH				