

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

|         |   |                              |                              |                            |                          |                  |              |
|---------|---|------------------------------|------------------------------|----------------------------|--------------------------|------------------|--------------|
| 6:30 AM | TRX KETTEBELLS<br>DEAN                    | CIRCUIT TRAINING<br>PATRYJCA | CARDIO ATTACK<br>DEAN        | LIFT<br>JAMES              | RIDE<br>JAY              |                  |              |
| 9:00 AM |   |                              |                              |                            |                          | GPT<br>JOHN      |              |
| 9:30 AM |   |                              |                              |                            |                          |                  | CIRCUIT HIIT |
| 9:45 AM | BOXING<br>DEAN                            | RIDE AND CORE<br>OLIVIA      | TRX<br>DEAN                  | BODY PUMP<br>JANINE        | ADVANCED WEIGHTS<br>DEAN | CIRCUIT TRAINING |              |
| 1:00 PM |   | GPT<br>JOHN                  |                              | GPT<br>JOHN                |                          |                  |              |
| 6:00 PM | 12 ROUNDS<br>THOMAS                       | STEP & LIFT<br>JOHN          | LIFT TOTAL BODY<br>PATRYCJA  | RIDE AND CORE<br>JAY       | CIRCUIT TRAINING<br>BILL |                  |              |
| 6:30 PM | GPT<br>JOHN                               |                              | GPT<br>JOHN                  |                            |                          |                  |              |
| 7:00 PM | PILATES<br>PETER<br><br>CIRCUIT<br>THOMAS | CIRCUIT TRAINING<br>JAY      | CIRCUIT TRAINING<br>PATRYCJA | CIRCUIT TRAINING<br>EMELIE |                          |                  |              |