

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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