

GUEST PASS

Class Times
6AM, 8AM, 9AM
Noon, 6PM & 7PM



Try each type of class free!

INTEGRATED _____ STRENGTH _____ RANGE _____

NAME

CLASS SCHEDULE

	MON	TUES	WEDS	THURS	FRI	SAT
6AM	Integrated	Strength	Integrated	Strength	Range	
8AM	Integrated	Strength	Integrated	Strength	Range	Integrated
9AM	Integrated	Strength	Integrated	Strength	Range	Integrated
10-10:30 AM		Metabolic Performance		Metabolic Performance		
NOON	Integrated		Integrated	Strength	Range	
4:30-5 PM		X-Class		X-Class		
5PM *	Integrated	Strength	Integrated	Strength	Range	
6PM	Integrated	Strength	Integrated	Strength		
7PM	Integrated	Strength	Integrated	Strength		

***TRAINER APPROVAL REQUIRED FOR 5PM CLASS**



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