



mind to  
muscle  
FITNESS

# TIMETABLE

GROUP FITNESS & SEMI-PRIVATE PERSONAL TRAINING

time	monday	tuesday	wednesday	thursday	friday	saturday
5AM	STRENGTH			FUNCTIONAL FIIT	STRENGTH	
6AM	STRENGTH	MET-CON	RESISTANCE	FUNCTIONAL FIIT	STRENGTH	
7AM			<i>SEMI-PRIVATE PT</i>	<i>SEMI-PRIVATE PT</i>	<i>SEMI PRIVATE PT</i>	SUPER SATURDAY
9.30AM	STRENGTH	MET-CON	RESISTANCE	FUNCTIONAL FIIT	STRENGTH	
10.30AM	<i>SEMI-PRIVATE PT</i>		<i>SEMI-PRIVATE PT</i>		<i>SEMI-PRIVATE PT</i>	
3.30PM						
4.30PM	<i>SEMI-PRIVATE PT</i>	MET-CON	<i>SEMI-PRIVATE PT</i>			
5.30PM	STRENGTH	MET-CON	RESISTANCE	FUNCTIONAL FIIT	BOXING	
6.30PM		<i>SEMI-PRIVATE PT</i>		<i>SEMI-PRIVATE PT</i>		