



FACILITY SCHEDULE

GET FIT **FASTER!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15am BOOT CAMP		5:15am BOOT CAMP		5:15am BOOT CAMP
	6:00am XPRESS		6:00am XPRESS	
7:30am XPRESS		7:30am XPRESS		7:30am XPRESS
	9:00am CARDIO + CORE		9:00am CARDIO + CORE	
9:30am BOOT CAMP		9:30am BOOT CAMP		9:30am BOOT CAMP
3:30pm SPEED & AGILITY	3:30pm SPEED & AGILITY	3:30pm SPEED & AGILITY	3:30pm SPEED & AGILITY	
	4:30pm CARDIO + CORE		4:30pm CARDIO + CORE	
5:00pm SPEED & AGILITY	5:00pm SPEED & AGILITY	5:00pm SPEED & AGILITY	5:00pm SPEED & AGILITY	
5:30pm BOOT CAMP		5:30pm BOOT CAMP		5:30pm XPRESS