

ADULT SMALL GROUP TRAINING

SPRING 2017 APRIL 3-July 2

(13 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am 7:15 am		TWIST COMPLETE		TWIST LIFT	TWIST HIT & RECOVER		
7:00 am 8:00 am	TWIST SPIN-CORE TWIST MOVE		TWIST HIT		TWIST COMPLETE		
9:00 am 10:15 am						TWIST COMPLETE	TWIST LIFT
9:15 am 10:30 am	TWIST LIFT	TWIST HIT & RECOVER	TWIST COMPLETE	TWIST HIT & RECOVER	TWIST MOVE		
12:00 pm 1:00 pm	TWIST COMPLETE		TWIST LIFT		TWIST HIT		
6:30 pm 7:45 pm		TWIST COMPLETE		TWIST COMPLETE			
7:00 pm 8:15 pm	TWIST LIFT		TWIST HIT & RECOVER				
8:00 pm 9:00 pm							