

# ADULT SMALL GROUP TRAINING

FALL 2017 SEPT 5-Dec 23  
(16 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am 7:15 am		<b>TWIST COMPLETE</b>		<b>TWIST LIFT</b>	<b>TWIST HIT &amp; RECOVER</b>		
7:00 am 8:00 am	<b>TWIST HIT</b>		<b>TWIST COMPLETE</b>				
9:00 am 10:15 am						<b>TWIST COMPLETE</b>	<b>TWIST LIFT</b>
9:15 am 10:30 am	<b>TWIST LIFT</b>	<b>TWIST HIT &amp; RECOVER</b>	<b>TWIST COMPLETE</b>	<b>TWIST HIT &amp; RECOVER</b>	<b>TWIST MOVE</b>		
12:00 pm 1:00 pm	<b>TWIST COMPLETE</b>		<b>TWIST LIFT</b>		<b>TWIST HIT</b>		
6:30 pm 7:45 pm		<b>TWIST COMPLETE</b>		<b>TWIST COMPLETE</b>			
7:00 pm 8:15 pm	<b>TWIST LIFT</b>		<b>TWIST HIT &amp; RECOVER</b>				
8:00 pm 9:00 pm							