

ADULT SMALL GROUP TRAINING
FALL 2018
SEPTEMBER 4 – DECEMBER 31
(17 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am 7:00 am (*75 min)	COMPLETE * CORE	COMPLETE * HIIT	COMPLETE * GFS	COMPLETE *	COMPLETE * GFS		
7:00 am 8:00 am	COMPLETE	MOVE	HIIT	CORE	COMPLETE	COMPLETE (8:00am-9:00am)	
9:30 am 10:30 am (*75min)	COMPLETE	GLUTES & CORE	HIIT & MOBILITY *	MOVE	HIIT	COMPLETE *	WARRIOR
12:00 pm 1:00 pm	CORE	HIIT	COMPLETE	GLUTES & CORE	COMPLETE		
6:30 pm 7:30 pm	COMPLETE	COMPLETE	MOVE	HIIT SPIN & CORE	HIIT		
7:30 pm 8:30 pm (*75 min)	WARRIOR	COMPLETE *	CORE	COMPLETE			