

Monday	Tuesday	Wednesday	Thursday	Friday
HIIT Fit 6-6:30 AM	TRX Basic Training 6-6:45 AM	HIIT Fit 6-6:30 AM	TRX Basic Training 6-6:45 AM	HIIT Fit 6-6:30 AM
Senior Fit 9-10 AM 10-11 AM	Senior TRX Basic Training 9-10 AM 10-11 AM	Senior Fit 9-10 AM 10-11 AM	Senior TRX Basic Training 9-10 AM 10-11 AM	Senior Fit 9-10 AM 10-11 AM
HIIT Fit 12:15-12:45 PM		HIIT Fit 12:15-12:45 PM		HIIT Fit 12:15-12:45 PM
HIIT Fit 5:30-6 PM	TRX Basic Training 5:30-6:15 PM	HIIT Fit 5:30-6 PM	TRX Basic Training 5:30-6:15 PM	