



GROUPX SCHEDULE

	7:00AM	8:00 AM	11:30AM	12:00PM	5:30PM	
Monday			Sweating Bullets (Spin)	Buttz n' Gutz	Bosu Blast / 6:00PM - 7:00PM	Circuit Pulse
Tuesday	Yoga 45Min				Functional Olympic Training	Olympic Lift
Wednesday			Bosu Blast /	Circuit Pulse	Spin	Buttz N Gutz 6:00PM - 7:00PM
Thursday	Yoga 45 Min				Functional Olympic Training	Olympic Lift
Saturday						



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