



## GROUPX SCHEDULE

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



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