



### Current Schedule\*

\*Actual schedule times may vary and should be verified online or with a coach.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-----	Semi Private Training 5:30 am	-----	Semi Private Training 5:30 am	-----	-----
6:00 am Metabolic Acceleration Class	-----	6:00 am Metabolic Acceleration Class	-----	6:00 am Metabolic Acceleration Class	Semi Private Training 6:45 am
Semi Private Training 7:00 am	Semi Private Training 7:30 am	Semi Private Training 7:00 am	Semi Private Training 7:15 am	Semi Private Training 7:00 am	-----
-----	Semi Private Training 8:30 am	8 am – 9 am Open Gym	Semi Private Training 8:30 am	8 am – 9 am Open Gym	Semi Private Training 8:00 am
-----	Semi Private Training 9:30 am	9:15 am Metabolic Acceleration Class	Semi Private Training 9:30 am	9:15 am Metabolic Acceleration Class	9:15 am Metabolic Acceleration Class
-----	-----	-----	10:30 am – 11:30 am Open Gym	-----	10 am – Noon Open Gym
-----	12:15 pm Metabolic Acceleration Class	-----	Semi Private Training 12:15 pm	-----	-----
Semi Private Training 4:00 pm	Semi Private Training 4:00 pm	Semi Private Training 4:00 pm	Semi Private Training 4:00 pm	Semi Private Training 4:00 pm	-----
Semi Private Training 5:15 pm	Semi Private Training 5:15 pm	Semi Private Training 5:15 pm	Semi Private Training 5:15 pm	Semi Private Training 5:15 pm	-----
6:30 pm Metabolic Acceleration Class	6:30 pm Metabolic Acceleration Class	6:30 pm Metabolic Acceleration Class	6:30 pm Metabolic Acceleration Class	-----	-----

\*\*Note: 30 day trial membership includes 2 Semi – Private Training sessions and Unlimited Metabolic Acceleration Classes *per week*.