

FUNCTIONAL FITNESS

GROUP TRAINING SCHEDULE – as of June 1st, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Fit factor (45 mins)		Fit factor (45 mins)		Fit factor (45 mins)		
7:00 AM							
9:15 AM		BUTTS and GUTS (45 mins)		BELLS & BALLS (45 mins)			
10:00 AM							
12:15 PM					T.B.C. TOTAL BODY CONDITIONING (30 mins)		
12:45 PM							
4:15 PM		Fit factor (45 mins)		Fit factor (45 mins)			
5:00 PM							

Class Descriptions



Our "Signature" class where anything and everything is possible. Expect the unexpected. The challenge is against yourself!



Call it "core", call it "Abs & A**", call it whatever you want – you get the point! We're gonna focus on these body parts for the entire workout.



Sounds festive doesn't it? Consider a workout using weighted medicine balls, stability balls and kettlebells as the only "tools" used. My gift to you!



(Total Body Conditioning) – after a thorough warm-up, we'll target the entire body with these "quick-and-dirty" workouts.