

TEAM TRAINING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SMALL GROUP FITNESS with Personal Trainers Starts January 9th

7:00 am-7:50 am
Mobility Strength
& Flow
Cory Mularz

8:00 am-8:50 am
Combinations
(Boxing HIIT)
Richard Benson

9:00 am-9:50 am
Tone & Burn:
Lower Body
Carson Purcell

7:00 am-7:50 am
Peak Performance:
Advanced TRX +
More
Jaime Moreno

8:00 am-8:50 am
Strength &
Conditioning
Cory Mularz

9:00 am-9:50 am
TRX + Core
Cory Mularz

7:00 am-7:50 am
Mobility Strength
& Flow
Garrett Boyce

8:00 am-8:50 am
Combinations
(Boxing HIIT)
Garrett Boyce

9:00 am-9:50 am
Kettlebell Flow
Jaime Moreno

7:00 am-7:50 am
Peak Performance:
HIIT + Intervals
Jaime Moreno

8:00 am-8:50 am
Strength &
Conditioning
Cory Mularz

9:00 am-9:50 am
Tone & Burn:
Upper Body
Carson Purcell

8:00 am-8:50 am
Combinations
(boxing HIIT)
Kevin or Richard

9:00 am-9:50 am
TRX + Core
Cory Mularz

9:00 am-9:50 am
Combinations
(boxing HIIT)
Deon Rieux

**\$80 TO PARTICIPATE FOR THE MONTH.
\$20 DROP-IN RATE IF NOT PART OF THE PROGRAM.**

