

# F.I.T. Small Group Training

## APRIL 2017

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
9:00am	TRX Healthy Joints <i>Jonathan</i>	TRX Turbo <i>Kelly</i>	TRX Healthy Joints <i>Cammy</i>	X-Camp <i>Jonathan</i>	TRX Healthy Joints <i>Jonathan</i>	TRX Take Off (9:30) Roger	
10:00am	Sole Strength <i>Jessica Cammy</i>			Power Barre <i>Jessica</i>	HIIT WAVE <i>Jonathan</i>		
4:00pm	Karate <i>Art</i>						
6:00pm		TRX Take Off <i>Kelly</i>		TRX Take Off <i>Kelly Jessica</i>			

*F.I.T. Sessions are fee based. See front desk for details.*