

F.I.T. Small Group Training

SEPTEMBER 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>		
10:00am	Sole Strength <i>Cammy</i> <i>Jessica</i>			Power Barre <i>Jessica</i>	HIIT WAVE <i>Jonathan</i>		
6:00pm		TRX Take Off <i>Kelly</i>		TRX Take Off <i>Leah</i>			

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