

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:30					30 Minute Circuit
6:30 - 7:00					Core
7:00 - 7:30					Stretch
7:30 - 8:00					Program Design
8:00 - 8:30					TRX
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					
10:00 - 10:30					Program Design
10:30 - 11:00					PF360 Burn
11:00 - 11:30					PF360 Strength
11:30 - 12:00					Stretch
12:00 - 12:30	Lower Body	PF360 Burn	30 Minute Circuit	Program Design	
12:30 - 1:00	Upper Body	PF360 Strength	Core	Program Design	
1:00 - 1:30	TRX	Stretch	Upper Body	Lower Body	
1:30 - 2:00	Program Design	30 Minute Circuit	Lower Body	Upper Body	
2:00 - 2:30	30 Minute Circuit	Core	Stretch	Core	
2:30 - 3:00	Stretch	Program Design	PF360 Burn	Stretch	
3:00 - 3:30					
3:30 - 4:00	Program Design	TRX	Program Design	PF360 Burn	
4:00 - 4:30	PF360 Burn	Program Design	Program Design	PF360 Strength	
4:30 - 5:00	PF360 Strength	Lower Body	Program Design	TRX	
5:00 - 5:30	Lower Body	Upper Body	PF360 Strength	Upper Body	
5:30 - 6:00	Upper Body	30 Minute Circuit	TRX	Lower Body	
6:00 - 6:30	30 Minute Circuit	PF360 Burn	Upper Body	30 Minute Circuit	
6:30 - 7:00	Core	Stretch	Lower Body	Core	
7:00 - 7:30	Stretch	Program Design	Core	Stretch	
7:30 - 8:00	Program Design	Core	30 Minute Circuit	Program Design	

PROGRAM DESIGN Have our trainer design a workout tailored to your fitness goals.

30 MINUTE CIRCUIT We'll take you through a fast, effective, full-body workout.

STRETCH Start the recovery process and enhance your flexibility with this relaxing post-workout session.

CORE This session will help tighten and tone your abdominals, obliques, and lower back.

UPPER BODY Push and pull your way to increased upper body strength with this ever changing muscle class.

LOWER BODY Build leg strength and improve function with this ever changing lower body class.

PF360 BURN Get your heart rate up in this cardio-focused session.

PF360 STRENGTH Build your strength and power in this fun-filled workout.

TRX Whole body suspension training based solely on the TRX to increase mobility and strength.

