

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|-------------------|----------------|-------------------|-------------------|----------------|
| 5:15am | PF360 Strength | PF360 Burn | | | PF360 Strength |
| 6:00am | Lower Body | Upper Body | | | PF360 Burn |
| 6:45am | | Lower Body | | | |
| 7:30am | | Program Design | | | |
| 8:15am | | PF360 Strength | | | |
| 9:00am | Program Design | Stretch | | | Program Design |
| 9:45am | Program Design | | | | Upper Body |
| 10:30am | 30 Minute Circuit | Program Design | | | Lower Body |
| 11:15am | Core | TRX | | | TRX |
| 12:00pm | PF360 Burn | | 30 Minute Circuit | Upper Body | Stretch |
| 12:45pm | PF360 Strength | | Program Design | Program Design | Program Design |
| 1:30pm | | | Upper Body | PF360 Burn | |
| 2:15pm | | | Lower Body | Stretch | |
| 3:00pm | | | | | |
| 3:45pm | | | TRX | Core | |
| 4:30pm | | | Core | 30 Minute Circuit | |
| 5:15pm | | | Program Design | PF360 Strength | |
| 6:00pm | | | PF360 Burn | Program Design | |
| 6:45pm | | | | | |

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.

