

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

