



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30 AM 30 Minute Circuit	12:00 - 12:30 PM Upper Body	12:00 - 12:30 PM PF360 Burn	6:00 - 6:30 AM 30 Minute Circuit	5:00 - 5:30 AM Program Design
5:30 - 6:00 AM Upper Body	12:30 - 1:00 PM Lower Body	12:30 - 1:00 PM Upper Body	6:30 - 7:00 AM Upper Body	5:30 - 6:00 AM PF360 Burn
6:00 - 6:30 AM Lower Body	1:00 - 1:30 PM Program Design	1:00 - 1:30 PM 30 Minute Circuit	7:00 - 7:30 AM Lower Body	6:00 - 6:30 AM PF360 Strength
6:30 - 7:00 AM Program Design	1:30 - 2:00 PM 30 Minute Circuit	1:30 - 2:00 PM Core	7:30 - 8:00 AM Program Design	6:30 - 7:00 AM 30 Minute Circuit
7:00 - 7:30 AM PF360 Burn	2:00 - 2:30 PM TRX	2:00 - 2:30 PM Stretch	8:00 - 8:30 AM PF360 Burn	7:00 - 7:30 AM Core
7:30 - 8:00 AM PF360 Strength	2:30 - 3:00 PM Stretch	2:30 - 3:00 PM Lower Body	8:30 - 9:00 AM PF360 Strength	7:30 - 8:00 AM Lower Body
8:00 - 8:30 AM Core	3:00 - 3:30 PM Program Design	3:00 - 3:30 PM Program Design		
8:30 - 9:00 AM Stretch			9:30 - 10:00 AM Core	
	4:00 - 4:30 PM 30 Minute Circuit	4:00 - 4:30 PM Program Design	10:00 - 10:30 AM Lower Body	9:30 - 10:00 AM Program Design
9:30 - 10:00 AM Lower Body	4:30 - 5:00 PM Upper Body	4:30 - 5:00 PM Program Design	10:30 - 11:00 AM TRX	10:00 - 10:30 AM Core
10:00 - 10:30 AM TRX	5:00 - 5:30 PM Lower Body	5:00 - 5:30 PM PF360 Strength	11:00 - 11:30 AM Program Design	10:30 - 11:00 AM 30 Minute Circuit
10:30 - 11:00 AM Program Design	5:30 - 6:00 PM PF360 Burn	5:30 - 6:00 PM TRX	11:30 - 12:00 PM Upper Body	
11:00 - 11:30 AM Upper Body	6:00 - 6:30 PM PF360 Strength	6:00 - 6:30 PM Core	12:00 - 12:30 PM PF360 Burn	
11:30 - 12:00 PM PF360 Strength	6:30 - 7:00 PM TRX	6:30 - 7:00 PM Upper Body	12:30 - 1:00 PM PF360 Strength	
12:00 - 12:30 PM 30 Minute Circuit	7:00 - 7:30 PM Program Design	7:00 - 7:30 PM Lower Body	1:00 - 1:30 PM 30 Minute Circuit	
12:30 - 1:00 PM Program Design	7:30 - 8:00 PM Core	7:30 - 8:00 PM Program Design	1:30 - 2:00 PM 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

Orientation - If you're new to fitness and want to learn about our equipment and programming, this session is for you. Available anytime. Ask one of our Team Members for more information.