

SMALL GROUP TRAINING

TIME:		MON	TUE	WED	THU	FRI	SAT
5:30am	➔	XT60		XT60		XT60	
6:30am	➔		Triathlon Training		Triathlon Training		
8:00am	➔	XT60	XT60/ 3D-Pilates	XT60	XT60	XT60	XT60
9:00am	➔		Boxing Fitness		Boxing Fitness		Triathlon Training
9:30am	➔			3D-Pilates	3D-Pilates	3D-Pilates	XT60
11:30am	➔			3D-Pilates			
5:30pm	➔	3D-Pilates			3D-Pilates		
6:00pm	➔	XT60	XT60	XT60	XT60		
6:30pm	➔			3D-Pilates			