

SMALL GROUP TRAINING

TIME:		MON	TUE	WED	THU	FRI	SAT
5:30am	➔	XT60 <i>Zack</i>		XT60 <i>Danielle</i>		XT60 <i>Pete</i>	
6:30am	➔		Triathlon Training <i>Pete</i>		Triathlon Training <i>Pete</i>		
8:00am	➔	XT60 <i>Danielle</i>	XT60/ 3D-Pilates <i>Geoff/Elizabeth</i>	XT60 <i>Zack</i>	XT60 <i>Geoff</i>	XT60 <i>Danielle</i>	XT60 <i>Pete</i>
9:00am	➔		Boxing Fitness <i>Pete</i>		Boxing Fitness <i>Pete</i>		Triathlon/ Boxing <i>Pete/Jim</i>
9:30am	➔			3D-Pilates <i>Elizabeth</i>	3D-Pilates <i>Allison</i>	3D-Pilates <i>Allison</i>	
11:30am	➔			3D-Pilates <i>Allison</i>			
5:00pm	➔		Boxing Fitness <i>Jim</i>				
5:30pm	➔	3D-Pilates <i>Elizabeth</i>			3D-Pilates <i>Allison</i>		
6:00pm	➔	XT60 <i>Geoff</i>	XT60 <i>Zack</i>	XT60 <i>Geoff</i>	XT60 <i>Zack</i>		
6:30pm	➔			3D-Pilates <i>Elizabeth</i>			