

Small Group Training Room Schedule

S M A I L G R O U P T R A I N I N G	TIMES	Monday	Tuesday	Wednesday	Thursday	Friday
	5:00 PM		Kidfit 5 pm- 6 pm		Kidfit 5 pm- 6 pm	
	5:30 PM	Dare to Lose 5:30 pm- 7 pm			Dare to Lose 5:30 pm- 7 pm	
	6:30 PM		TRX 6:30 pm- 7:30 pm			