

# Small Group Training Room Schedule

S m a l l  G r o u p  T r a i n i n g	TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00 PM		Hiit & Run 12:30 pm -1 pm		Winter Spartan 12:15 pm- 1 pm <i>*if weather permits will be outside</i>		Bike Strength Efficiency 12 pm- 1:30
	3:30 PM	Dare to Lose 3:30 pm-5 pm		Junior Ninja 4:30 pm- 5:30 pm <i>*if weather permits will be outside</i>		Junior Ninja 4:30 pm- 5:30 pm <i>*if weather permits will be outside</i>	
	5:00 PM		Kidfit 5 pm- 6 pm		Kidfit 5 pm- 6 pm		
	5:30 PM				Dare to Lose 5:30 pm- 7 pm		