



Small Group and H.I.I.T. FIT Schedule September 5 - December 4th

TIME	MON	TUES	WED	THUR	FRI	SAT
7:30 am	Small Group (Main Floor)	Small Group (Main Floor)	Small Group (Main Floor)	Small Group (Main Floor)	Small Group (Main Floor)	
8:00 am						H.I.I.T. FIT (Bootcamp)
8:30 am	Small Group (Main Floor)	Small Group (Main Floor)	Small Group (Main Floor)	Small Group (Main Floor)	Small Group (Main Floor)	Small Group (Main Floor)
5:30PM	Small Group (Main Floor)		Small Group (Main Floor)			
6:30PM	H.I.I.T. FIT (Bootcamp)	H.I.I.T. FIT (Bootcamp)	H.I.I.T. FIT (Bootcamp)	H.I.I.T. FIT (Bootcamp)		