



## Small Group and H.I.I.T. FIT Schedule Dec 5th - Feb 28th

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