

	MON	TUES	WED	THURS	FRI	SAT	SUN
6 AM			<u>STRONG</u> <u>- FULL BODY</u>		<u>ATHLETIC</u> <u>- FULL BODY</u>		<b>REST DAY</b>
7 AM		<u>CIRCUIT</u> <u>- ARMS &amp; ABS (E)</u>	<u>CIRCUIT</u> <u>- LEGS &amp; BUTT (E)</u>	<u>STRETCH</u> <u>- PILATES (E)</u>	<u>STRONG</u> <u>- FULL BODY</u>		
9 AM						<u>CIRCUIT</u> <u>- FULL BODY</u>	
5:45PM	<u>STRONG</u> <u>- FULL BODY (E)</u>		<u>CIRCUIT</u> <u>- FULL BODY (E)</u>				
6:15 PM		<u>BOXING</u>					

(E) Express sessions 30 minutes duration. All other sessions 45 mins duration. Please arrive 5 minutes before sessions.