

# SMALL GROUP TRAINING

	Mon	Tues	Wed	Thurs	Fri
6:00 AM	6:00 AM Functional Training	6:00 AM Functional Training	6:00 AM Functional Training	6:00 AM Functional Training	
7:00 AM	7:15 AM SWIM WOD	7:00 AM Functional Training	7:15 AM SWIM WOD	7:00 AM Functional Training	
8:00 AM	<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center; border-radius: 10px;"> <b>ALL PARTICIPANTS MUST REGISTER FOR CLASSES ON MIND BODY APP</b> </div>				
9:00 AM					
10:00 AM					
11:00 AM	11:15 AM Functional Training		11:15 AM Functional Training		
12:00 PM		12:15 PM Functional Training	12:15 AM TRX + ROW	12:15 PM Functional Training	12:15 AM TRX + ROW
1:00 PM	<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center; border-radius: 10px;"> <b>VALID SMALL GROUP TRAINING PACKAGES MUST BE PURCHASED</b> </div>				
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM	5:45 PM Functional Training	5:45 PM Functional Training	5:45 PM Functional Training	5:45 PM Functional Training	
6:00 PM					

## SWIM WODS

Combines strength training and aerobic swimming. Benefit from the low impact and added resistance of the water .

## TRX + ROW

Gives equal attention to cardio and strength-training using the rower and suspension training systems to build lean muscle.

## FUNCTIONAL TRAINING

Work with a trainer to utilize battle ropes, kettlebells, plyometric boxes, weighted ball targets, dip stations and more.