



TEAM TRAINING SCHEDULE



2020

Monday	Tuesday	Wednesday	Thursday	Friday
11 am Base		11 am Burn (Level 1)		9 am Build (Level 1)
6 pm Burn (Level 2)	6 pm Build (Level 2)		6 pm Burn (Level 2)	

**Anytime Fitness Indian Land 5090 Ridgeline Lane
Indian Land S.C. 29707
Ph: 803-548-9913**

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