



TEAM TRAINING SCHEDULE



SEPT 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Burn 11 AM (TURF)		Base 11 AM (TURF)		Build 9 AM (TURF)	Burn 9 AM (TURF)
Burn 1 PM (TURF)		Build 1 PM (TURF)		Burn 1 PM (TURF)	
	Build 6 PM (TURF)		Burn 6 PM (TURF)		

Base: We'll establish proper movements and work on base level conditioning to ensure progress at your pace.

Burn : A high energy session that uses cardio and weights to help burn up to 1,000 calories.

Build: Get stronger, slimmer, and more athletic. Trainers will help focus on form and increase strength without the bulk.

From Monday 9/7 to Saturday 9/26 we will be doing demo weeks for ALL sessions. You are free to come any and all sessions and get a challenging team workout from one our coaches! (Max of 6 per session; Sign-Ups required contact us!)