



# TEAM TRAINING SCHEDULE



2020

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM Burn  (TURF)				5:30 AM Burn  (TURF)
6:00 PM Build  (TURF)		6:00 PM Burn  (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.

**Anytime Fitness Wesley Chapel 5941 Weddington Rd #107, NC, 28104 Ph: 704-821-0885**

Power Yoga: You will have the opportunity to deepen your practice while improving strength, flexibility, and endurance on and off the mat.