



TEAM TRAINING SCHEDULE



2019

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM Burn w/ Kylee (TURF)	8:00 AM Build w/ Cody (TURF)		8:00 AM Burn w/ Cody (TURF)	6:00 AM Burn w/ Kylee (TURF)
6:00 PM Build w/ Cody (TURF)		6:00 PM Burn w/ Cody (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.