



CFIT TRAINING

Please sign up for these FREE Instruction Classes at the Front Desk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HIIT Zone 10:00-11:00a	EXPRESS 30 Workout 10:00-11:00a	**HIIT Zone** Open Group 10:00-11:00a	LOWER-BODY Strength Equip. 10:00-11:00a	UPPER-BODY Strength Equip. 10:00-11:00a	HIIT Zone 10:00-11:00a	
	HIIT Zone Open Group 5:00-6:00p	UPPER-BODY Strength Equip. 5:00-6:00p	LOWER-BODY Strength Equip. 5:00-6:00p	CLUB HOURS Monday-Thursday: 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 6:00am - 6:00pm Sunday: 6:00am - 5:00pm		GET IN THE HIIT ZONE! Free Coached Open Group Sessions Just show up - no appointment needed!
EXPRESS 30 Workout 6:00-7:00p	UPPER-BODY Strength Equip. 6:00-7:00p	LOWER-BODY Strength Equip. 6:00-7:00p	EXPRESS 30 Workout 6:00-7:00p			