



# Spring 2017 Large Group Training Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
06:00am							
06:30am					r		
07:00am							
07:30am							
08:00am							
08:30am	TB Strength	Cardio Igniter	TB Strength	Cardio Igniter	TB Strength		
09:00am						Strongman	
09:30am							
11:00am						TB Strength	
12:00pm	Cardio Igniter		TB Strength		TB Strength		
12:30pm							
3:00pm							
3:30pm							
5:00pm							
5:30pm							
6:00pm	TB Strength	Cardio Igniter	TB Strength	Cardio Igniter			

## What is Large Group Training?

Large Group Training is a personal trainer-lead workout. Our large group training programs are high-energy, calorie-burning workouts designed to make you SWEAT. The workouts are designed to build strength, burn calories and improve cardiovascular conditioning. These workouts are simple but challenging. This workout option is a great addition to your private or semi-private training session. All workouts are approximately 60 minutes unless otherwise noted on the schedule.

TB Strength-Total Body Strength