

OPEN GROUP SESSIONS

MON	19:00 - 20:00	Full Body Training
TUE	19:30 - 20:30	Running Interval Training
WED	19:00 - 20:00	Stability & Prevention
	20:00 - 21:00	Stability & Prevention
THU	12:00 - 13:00	Stability & Prevention
	19:00 - 20:00	Full Body Training
FRI	12:30 - 13:30	Full Body Training



**CHECK THE ONLINE
PLANNER FOR SMALL
WEEKLY CHANGES.**

**RESERVE YOUR SPOT FROM 4 WEEKS TO 8 HOURS
BEFORE THE SESSION TAKES PLACE.
LOGIN OR MAKE AN ACCOUNT.**