

# Group Training Schedule



## Monday

**4 & 5 PM**

(Beginner -Intermediate)

Body Sculpt w/ Alex

**6 PM**

(Intermediate -Advanced)

Body Sculpt w/ Alex

**7:15 PM**

(Advanced)

Strength & Conditioning w/  
Jon

## Tuesday

**6 AM** (Beg. -Int.)

Abs, balance, butt &  
cardio w/ Alex

**12 PM** (Int.)

Superior Athleticism w/  
Dustin

**5:30 PM** (Adv.)

Superior Athleticism w/  
Dustin

## Wednesday

**4 & 5 PM** (Beg. -Int.)

Body Sculpt w/ Alex

**6 PM** (Int. -Adv.)

Body Sculpt & Cardio

Boxing w/ Alex

**7:15 PM** (Adv.)

Strength & Conditioning w/  
Jon

## Thursday

**6 AM** (Beg. -Int.)

Abs, balance, butt & cardio  
w/ Alex

**12 PM** (Int.)

Superior Athletic Strength  
w/ Dustin

**6:45 PM** (Adv.)

Superior Athletic Strength  
w/ Dustin

## Friday

**12 PM** (All levels) Yoga  
w/ Ashe

**Donation based class!**

## Saturday

**10 AM** (Adv.)

Superior Body Sculpt w/  
Alex

**11 AM** (Adv.)

Strength & Conditioning w/  
Jon