

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 5:30am	HYBRID	S & C	HYBRID	S & C	HYBRID		
5:30am - 6:00am	HYBRID	S & C	HYBRID	S & C	HYBRID		
6:00am - 6:30am	HYBRID		HYBRID		HYBRID		
6:30am - 7:00am	HYBRID	S & C	HYBRID	S & C	HYBRID		
7:00am - 7:30am	HYBRID		HYBRID		HYBRID		
7:30am - 8:00am		S & C		S & C		BOOTCAMP	S & C
8:00am - 8:30am							BOOTCAMP
8:30am - 9:00am							S & C
9:00am - 9:30am	CORE	CORE	CORE	CORE	CORE		
9:30am - 10:00am	HYBRID	S & C	HYBRID	S & C	HYBRID		
3:30pm - 4:00pm	CORE	CORE	CORE	CORE	CORE		
4:00pm - 4.30pm	S & C	HYBRID	S & C	HYBRID	S & C		
4:30pm - 5:00pm	MOBILITY	HYBRID	MOBILITY	HYBRID	MOBILITY		
5:00pm - 5:30pm	S & C		S & C		S & C		
5:30pm - 6:00pm	MOBILITY	HYBRID	MOBILITY	HYBRID			
6:00pm - 6:30pm	S & C		S & C				
6:30pm - 7:00pm							

**HYBRID**

(30 mins)

A combination of exercises covering the full body using resistance and cardio training for all fitness levels.

**STRENGTH & CONDITIONING**

(45 mins)

Monday, Tuesday - Lower body  
Wednesday, Thursday - Upper body  
Friday & Sunday - Total body

**CORE**

(15 mins)

Focus on strengthening and building endurance in the abdominal area and lower back.

**MOBILITY**

(15 mins)

Improve flexibility through the joints with dynamic and active exercises.

**BOOTCAMP**

(45 mins)

Challenging group workout for all fitness levels