

May Group Training Schedule

F.I.T Groups*

Functional Innovative Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Geff 5:30 a.m.		Geff 5:30 a.m.		
					Various 8:00 a.m.
Austin 4:30 p.m.	Geff 4:30 p.m.	Emily 4:30 p.m.	Mike M. 4:30 pm		
	Lauren 5:30 p.m.		Mike M. 5:30 pm		

Semi-Private Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Linh 5-7 a.m.	Tim 5-7 a.m.	Sani 5-7 a.m.	Tim 5-7 a.m.	Sani 5-7 a.m.	
	Lauren 10:00 a.m.	Mike 11 a.m.	Lauren 11:00 a.m.		
					Emily 10 a.m.
Lauren 5-6:30 p.m.	Austin/Mike 4-6:30 p.m.	Austin 4-6:30 p.m.	Emily 4:30-6:30 p.m.		

*Please note FIT Groups are fee-based and require a reservation.

WELLNESS
CHANGES
EVERYTHING

