















ATHLETE / ADULT CLASS SCHEDULE

ACTIVE FEBRUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30 AM	AR-FIT ADULT	AR-FIT ADULT 	AR-FIT ADULT	AR-FIT ADULT 	AR-FIT ADULT	7:00 AM	AR-FIT ADULT	AR-FIT ADULT 
6:30 AM	AR-FIT ADULT 	AR-FIT ADULT 	AR-FIT ADULT 	AR-FIT ADULT 	AR-FIT ADULT 	8:00 AM	AR-FIT ADULT	AR-FIT ADULT 
9:15 AM	AR-FIT ADULT	AR-FIT ADULT	AR-FIT ADULT	AR-FIT ADULT	AR-FIT ADULT	9:00 AM	AR ATHLETE	AR-FIT ADULT 
3:30 PM	AR ATHLETE	AR ATHLETE	AR ATHLETE	AR ATHLETE	AR ATHLETE	10:00 AM	AR ATHLETE	
4:45 PM	AR ATHLETE	AR ATHLETE	AR ATHLETE	AR ATHLETE	AR ATHLETE	11:00 AM	AR ATHLETE	
6:00 PM	AR ATHLETE	AR ATHLETE	AR ATHLETE	AR ATHLETE	AR ATHLETE			
7:00 PM	AR-FIT ADULT	AR-FIT ADULT 	AR-FIT ADULT	AR-FIT ADULT 	AR-FIT ADULT			
8:00 PM	AR-FIT ADULT	AR-FIT ADULT	AR-FIT ADULT	AR-FIT ADULT				

 Class will be added if enough interest from clients

 Class time available March 1st due to Athlete Team Training

AR-FIT ADULT TRAINING (60 MINUTES)

TEAM Training – Bootcamp, Strength or Endurance
 SMALL GROUP Training – AR Strong (LIFT)
 1-1 PERSONAL Training

ATHLETE TRAINING (60 MINUTES)

TEAM Training – Linear or Plyometrics
 SMALL GROUP Training – AR Strong (LIFT), Mobility, ACL Bridge
 1-1 PERSONAL Training

CLASS SIZES ARE LIMITED. RESERVE YOUR SPOT AND SIGN-UP FOR YOUR PREFERRED CLASS ONLINE.

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