



# GROUP TRAINING SCHEDULE

SUMMER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BURN</b> 6:00 AM	<b>BASE</b> 6:00 AM	<b>BUILD</b> 6:00 AM	<b>BASE</b> 6:00 AM	<b>BURN</b> 6:00 AM	<b>Bleed Purple</b> <b>Run Club</b> <b>(Faxon Field)</b> <b>7:30 AM</b>
						<b>BURN</b> 8:00 AM
	<b>BURN</b> 6:00 PM	<b>BUILD</b> 6:00 PM	<b>BASE</b> 6:00PM	<b>BASE</b> 6:00 PM		<b>BASE</b> 9:00 AM
	<b>Nutrition</b> <b>Fuel-Up</b> <b>(Small Studio)</b> <b>6:30 PM</b>					<b>Movement</b> <b>Tune-Up</b> <b>(Small Studio)</b> <b>9:30 AM</b>
	<b>BASE</b> 7:15 PM	<b>BURN</b> 7:15PM	<b>BURN</b> 7:15PM	<b>TEAM Training</b> <b>Start-Up</b> <b>7:30 PM</b>		
		<b>BASE</b> 8:30 PM				

FOR MORE INFORMATION ON SESSIONS, JUST ASK!