



GROUP TRAINING SCHEDULE

SUMMER 2017

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

FOR MORE INFORMATION ON SESSIONS, JUST ASK!