

# ENJOY OUR TRAINING CENTER!

## Specialty Training // April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am-6:15am Les Mills GRIT		5:15am-6:15am Les Mills GRIT		5:15am-6:15am Les Mills GRIT	
5:45am-7:05am Afterburn Air	5:45am-6:45am Les Mills GRIT	5:45am-7:05am Afterburn Air	5:45am-6:45am Les Mills GRIT		
8:00am-9:00am Fitness Foundations		8:00am-9:00am Fitness Foundations			8:00am-9:15am Boxing For Fitness and Self-Defense
8:15am-9:15am Les Mills GRIT		8:15am-9:15am Les Mills GRIT		8:30am-9:15am Fierce and Fit	
9:15am-10:15am Sets for Success	9:15am-10:15am Les Mills GRIT	9:15am-10:15am Sets for Success	9:15am-10:15am Les Mills GRIT	9:30am-10:30am OVERDRIVE Add On	9:15am-10:15am Les Mills GRIT
	10:15-11:45am LifeStyle360 Alumni Boot Camp		10:15-11:45am LifeStyle360 Alumni Boot Camp		
	1:15-3:15pm LIVESTRONG® at the YMCA		1:15-3:15pm LIVESTRONG® at the YMCA		
5:45pm-6:45pm Les Mills GRIT	6:00pm-6:45pm CROSSTRAIN for Youth	5:45pm-6:45pm Les Mills GRIT	6:00pm-6:45pm CROSSTRAIN for Youth		
6:00pm-7:15pm Trim and Tone	6:30pm-7:30pm Boxing For Fitness and Self-Defense	6:00pm-7:15pm Trim and Tone	6:30pm-7:30pm Boxing For Fitness and Self-Defense		
	6:45pm-8:15pm Creating Change		6:45pm-8:15pm Creating Change		

\*Times and dates are subject to change.

