SMALL GROUP PERSONAL *Training*

SPRING 2020

DAY	TIME	CLASS	Location
Monday	6:00am	Biggest Loser	Studio
Monday	9:00am	Biggest Loser / PULSE Boot Camp	Studio
Monday	5:30pm	Biggest Loser	Studio
Monday	6:00pm	Biggest Loser	Shed
Monday	6:15pm	PULSE Boot Camp	Studio
Monday	6:30pm	Biggest Loser	Float
Tuesday	6:00am	Biggest Loser	Studio
Tuesday	7:15am	PULSE Boot Camp	Studio
Tuesday	3:30pm	Biggest Loser	Studio
Tuesday	5:00pm	Biggest Loser	Studio
Tuesday	5:30pm	Biggest Loser	Float
Tuesday	6:00pm	Biggest Loser	Shed
Tuesday	6:30pm	Biggest Loser	Studio
Tuesday	7:15pm	PULSE Boot Camp	Studio
Wednesday	6:00am	Biggest Loser	Studio
Wednesday	9:00am	Biggest Loser	Studio
Wednesday	4:30pm	Biggest Loser	Studio
Wednesday	5:15pm	Biggest Loser	Shed / Gym
Wednesday	5:30pm	PULSE Boot Camp	Studio
Wednesday	6:00pm	Strong Women	Float
Wednesday	6:00pm	Biggest Loser	Shed / Gym
Wednesday	6:15pm	PULSE Boot Camp	Studio
Wednesday	6:30pm	Biggest Loser	Float
Wednesday	7:15pm	PULSE Boot Camp	Studio
Thursday	6:00am	PULSE Boot Camp	Studio
Thursday	8:15am	PULSE Boot Camp	Studio
Thursday	5:00pm	Buns n Guns	Shed
Thursday	5:00pm	Biggest Loser	Studio
Thursday	6:00pm	Biggest Loser	Shed
Thursday	6:15pm	PULSE Boot Camp	Studio
Thursday	6:15pm	Biggest Loser	Float
Friday	6:00am	PULSE Boot Camp	Studio
Friday	6:45am	PULSE Boot Camp	Studio
Friday	7:30am	PULSE Boot Camp	Studio
Friday	8:45am	TRX	Shed
Friday	9:00am	Biggest Loser	Studio
Friday	5:00pm	Met Con	Studio
Saturday	8:00am	PULSE Boot Camp	Shed
Saturday	8:30am	Biggest Loser	Float
Saturday	9:00am	PULSE Boot Camp	Shed
Saturday	9:00am	Biggest Loser	Studio
Saturday	10:30am	Biggest Loser	Studio

Princing and registration at the Front Desk or contact Crystal for more information at *crystal.lanphier@princetonclub.net*