

ADULT SMALL GROUP TRAINING

SPRING 2017 | APRIL 3RD - July 1ST

(13 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00am						WARRIOR
9:15-10:15am	COMPLETE	CORE		COMPLETE	CORE	
7:00-8:00pm		COMPLETE		GFS	COMPLETE	
7:30-8:30pm			CORE			

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