













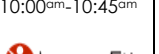











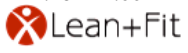



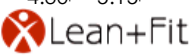
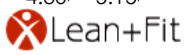









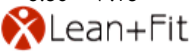



657714027	MON	TUE	WED	THU	FRI	SAT	SUN		
Morning	6:00am-6:45am  STRONG	6:00am-6:45am  HARDCORE	6:00am-6:45am  Lean+Fit	6:00am-6:45am  STRONG	6:00am-6:45am  Lean+Fit				
	7:00am-9:00am One on One Training					8:00am-8:45am  ACTIVATE			
	9:30am-10:15am  STRONG	9:30am-10:15am  HARDCORE	9:30am-10:15am  Lean+Fit	9:30am-10:15am  STRONG	9:30am-10:15am  Lean+Fit	9:00am- 9:45am  HARDCORE	9:00am- 9:45am  ACTIVATE		
						10:00am-10:45am  HARDCORE	10:00am-10:45am  Lean+Fit		
LUNCH	11:30am-12:15pm  STRONG	11:30am-12:15pm  HARDCORE	11:30am-12:15pm  Lean+Fit	11:30am-12:15pm  STRONG	11:30am-12:15pm  Lean+Fit	11:00am-11:45am  TLAFJR (Ages 10-15)	11:00am-11:45am  ACTIVATE		
	12:15pm-1:00pm  STRONG	12:15pm-1:00pm  HARDCORE	12:15pm-1:00pm  Lean+Fit	12:15pm-1:00pm  STRONG	12:15pm-1:00pm  Lean+Fit	 Classic Circuit Style Class			
	1:00pm-4:00pm One on One Personal Training/ Corporate Programs							 No timed stations, strength training	
EVENING	4:30pm-5:15pm  STRONG		4:30pm-5:15pm  Lean+Fit		4:30pm-5:15pm  Lean+Fit	 High intensity training, lots of cardio and plyometric			
	5:30pm-6:15pm  STRONG	5:00pm-5:45pm  HARDCORE	5:30pm-6:15pm  Lean+Fit	5:00pm-5:45pm  STRONG	5:30pm-6:15pm  Lean+Fit			 Lower Impact, Focus on Mobility	
	6:30pm-7:15pm  STRONG	6:00pm-6:45pm  HARDCORE	6:30pm-7:15pm  Lean+Fit	6:00pm-6:45pm  STRONG					