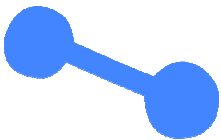




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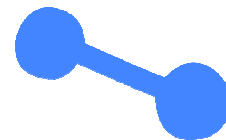
SARTELL TEAM TRAINING SCHEDULE

	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
5:00 am	Foundations	After Burn	Ind. Strength	Foundations	After Burn	
6:00 am	Foundations	After Burn	Ind. Strength	Foundations	After Burn	
7:00 am	Small Group	Small Group	Small Group	Small Group	Small Group	Small Group
8:00 am	Foundations	Small Group	Ind. Strength	Small Group	After Burn	
9:00 am	Small Group	After Burn	Small Group	Foundations	Small Group	Ind. Strength
10:00 am						
11:00 am						
12:00 pm	Small Group	Small Group	Small Group	Small Group		
1:00 pm						
2:00 pm						
3:00 pm						
4:00 pm						
4:30 pm	Foundations	After Burn	Ind. Strength	Foundations		
5:30 pm	Small Group	Small Group	Small Group	Small Group		
5:30 pm	Foundations	After Burn	Ind. Strength	Foundations		
6:00 pm					After Burn	
7:00 pm						



Schedule Website:

www.memberselfservice.com/500389



Username: Fitness ID (number on back of Key Card)