

STAFIT

SUMMER GROUP TRAINING PROGRAM CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 am	Z-SPIRED		SWEAT		Z-SPIRED	
6 am	Z-SPIRED		Z-SPIRED		Z-SPIRED	
7 am	HEAT		HEAT		HEAT	
8 am	SWEAT	Z-SPIRED	SWEAT	Z-SPIRED	SWEAT	
9 am	HEAT		HEAT		HEAT	SWEAT
10 am		HEAT		HEAT		Z-SPIRED 10:30 AM
11 am						
12 pm	HEAT		HEAT		HEAT	
1 pm						
2 pm						
3 pm						
4:30 pm	HEAT	SWEAT	Z-SPIRED/HEAT	SWEAT	HEAT	
5:30 pm	SWEAT	SWEAT	SWEAT	SWEAT		
6 pm						
7 pm		Z-SPIRED		Z-SPIRED		

