



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	Alloy SPORT		Alloy SPORT		Alloy SPORT	
8:00 am	Foundations	Small Group	Ind. Strength	Small Group	After Burn	
9:00 am	Alloy SPORT	After Burn	Alloy SPORT	Foundations	Alloy SPORT	Ind. Strength
10:00 am						
11:00 am						
12:00 pm						
1:00 pm						
2:00 pm						
3:00 pm						
4:00 pm						
4:30 pm	Foundations	After Burn	Ind. Strength	Foundations		
5:00pm					Alloy SPORT	
5:30 pm		Small Group		Small Group		
5:30 pm	Foundations	After Burn	Ind. Strength	Foundations		
6:00 pm					After Burn	
6:30 pm	Alloy SPORT		Alloy SPORT			



Schedule Website:

www.memberselfservice.com/500389

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

Password: Fitness ID (number of back of Key Card)

