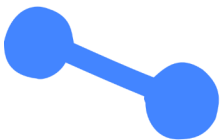


ALLOY

SARTELL TEAM TRAINING SCHEDULE

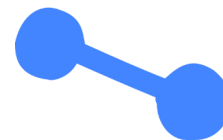
	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
5:00 am	Foundations	After Burn	Ind. Strength	Foundations	After Burn	
6:00 am	Foundations	After Burn	Ind. Strength	Foundations	After Burn	
7:00 am						
8:00 am	Foundations		Ind. Strength		After Burn	Ind. Strength
9:00 am		After Burn		Foundations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



Online Schedule:
supersaas.com/schedule/alloy/sartell

Username: Fitness ID (back of keycard)

Password: password



All reservations must be made by 5:00pm the night before.