



ALLOY

ST. CLOUD TEAM TRAINING SCHEDULE

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



Call St. Cloud Location to reserve
your spot in class.

320-654-1101

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

