

JUANITA BAY SMALL GROUP TRAINING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM	Metabolic Madness 6-7am Brandi		Metabolic Madness 6-7am Brandi				
7:00 AM							
8:00 AM							
9:00 AM			GRAVITY Full Body Blaster 9-10am Brandi	GRAVITY Blast 9:30-10am Erin		GRAVITY Blast 9:15-9:45am Erin	
10:00 AM	Metabolic Madness 10:00-11:00am Brandi						
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM		IMPACT Youth Sports Performance 4-5pm Nick		IMPACT Youth Sports Performance 4-5pm Nick			
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							

