

JUANITA BAY SMALL GROUP TRAINING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM		IMPACT Strength and Conditioning 9:30-10:30		GRAVITY Blast 9:30-10am Erin		GRAVITY Full Body Blaster 9:15-10:15am Erin	
10:00 AM						IMPACT Strength and Conditioning for girls 12-18 10:30-11:30 Erin	
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM			IMPACT Youth Strength for ages 12-18 4-5pm Nick				
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							

