

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							
10:00 AM							
11:00 AM			GRAVITY Full Body Blaster Erin 10:30-11:30, \$15	IMPACT Pure Plyos Bre 11-11:30, \$9			
12:00 PM	GRAVITY Pilates Inspired 12-12:30, \$12						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM		IMPACT Strength And conditioning Nick 6:30-7:30, \$12					
7:00 PM							
8:00 PM							

