

ZONE

360

FALL SCHEDULE

MONDAY

5:30-6:30am	Zone60 Viktor
7:00-7:45am	Fusion45 Megan
8:30-9:00am	Strength30 Liz
9:00-9:30am	Strength30 Liz
9:30-10:30am	Zone60 Viktor
5:00-5:30pm	Strength30 Mike

WEDNESDAY

5:30-6:30am	Zone60 Leslie	
6:45-7:45am	Zone60 Leslie	
8:30-9:15am	TRX45 Olivia	
9:30-10:15am	Strength45 Leslie	
11:30-12:15pm	TRX45 Olivia	
12:30-1:00pm	Power Lunch30 Viktor	
5:30-6:00pm	Strength30 David	NEW CLASS
6:00-6:30pm	Strength30 David	NEW CLASS

FRIDAY

5:30-6:30am	Zone60 Viktor
6:45-7:45am	Zone60 Leslie
8:00-8:30am	Strength30 Luke
9:00-9:45am	Strength45 Mike

TUESDAY

5:30-6:30am	Zone60 Stephanie
6:45-7:45am	Zone60 Stephanie
9:15-10:00am	Fusion45 Viktor
12:30-1:00pm	Power Lunch30 Viktor
6:00-6:45pm	Fusion45 Viktor

THURSDAY

5:30-6:30am	Zone60 Stephanie	
6:45-7:45am	Zone60 Stephanie	
8:00-8:30am	Fusion45 David	NEW CLASS
12:30-1:00pm	Power Lunch30 Viktor	
6:00-6:30pm	Strength30 Luke	NEW CLASS
6:30-7:00pm	Strength30 Luke	NEW CLASS

SATURDAY

6:30-7:30am	Zone60 Viktor
8:00-9:00am	Zone60 Viktor

CARDIO & STRENGTH
 TRX

 STRENGTH