

ZONE

360

WINTER 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 Michael

TUESDAY

5:30-6:30am	Zone60 Stephanie
6:45-7:45am	Zone60 Stephanie
8:00-8:45am	Fusion45 David
9:15-10:00am	Fusion45 Viktor
12:30-1:00pm	Power Lunch30 Viktor
6:00-6:45pm	Fusion45 Viktor

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

THURSDAY




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

FRIDAY

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

SATURDAY

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

	CARDIO & STRENGTH		TRX
	STRENGTH		