

Group Training Schedule: Effective May 1st.

Pre-registration required for all classes (link can be found at www.corefitnessgrouptraining.com). Classes (or portions of class) may be held outdoor if weather permits (masks will not be required). All Covid safety guidelines can be found on our website at www.corefitnessgrouptraining.com.

Yellow: Virtual Training **Green:** Group Training **Pink Spin** **Blue** Youth Training

Mon	Tue	Wed	Thur	Fri	Sat	Sun
<p>5:00--6:00am Metabolic 20 For May Meltdown Participants only!</p> <p>5:30-6:00am Metabolic 20 For May Meltdown Participants only!</p> <p>6:00am- 6:45am Group Strength</p> <p>6:00-6:30am ZOOM Strength</p> <p>7:00-7:30am HIIT Cardio</p> <p>7:30am-8:15a m Group Strength</p> <p>4:45-5:30pm Athlete Speed and Strength level 2</p> <p>5:30pm Athlete Speed and Strength level 1</p> <p>6:15-7:00pm Penalty Boxing</p>	<p>5:30-6:15am Spin</p> <p>6:15-7:00am Functional Intensity</p> <p>7:00-7:45am Functional Intensity</p> <p>9:30-10am 30-Minute Functional Intensity</p> <p>5:00pm Shred For "Meltdown" Participants only</p> <p>5:30pm Body Sculpt</p> <p>5:30- 6:00pm Fit Kids Circuit Training (Ages 5-8)</p> <p>6:15-7:00pm Fit Kids Circuit Training (Ages 9+)</p>	<p>5:00--6:00am Metabolic 20 For May Meltdown Participants only!</p> <p>5:30-6:00am Metabolic 20 For May Meltdown Participants only!</p> <p>6:00am- 6:45am Group Strength</p> <p>6:00-6:30am ZOOM Strength</p> <p>6:45-7:30am Spin</p> <p>7:30-8:15am Group Strength</p> <p>4:45-5:30pm Athlete Speed and Strength Level 2</p> <p>5:30pm Athlete Speed and Strength level 1</p> <p>6:15pm- 7:00pm Spin</p>	<p>5:30-6:15am Spin</p> <p>6:15-7:00am Functional Intensity</p> <p>7:00-7:45am Functional Intensity</p> <p>9:30-10am 30-Minute Functional Intensity</p> <p>10:00-10:30am Body Sculpt</p> <p>5:00pm Shred For "Meltdown" Participants only</p> <p>6:00-6:45pm Group Strength</p> <p>6:45-7:30pm Recover</p>	<p>5:00--6:00am Nucleus For May Meltdown Participants only!</p> <p>5:30-6:00am Nucleus For May Meltdown Participants only!</p> <p>6:00am-6:45 Core Cross</p> <p>7:30am-8:15 Core Cross</p>	<p>7:00-7:30am Group Strength</p> <p>7:30-8:15am Functional Training</p> <p>8:15-8:45am Bootcamp Beats</p> <p>8:45am Step Aerobics</p>	<p>8:00am Spin</p>
Strength Video	Functional Video	Strength Video	Functional Video	Strength Video	Functional Video	Sent by 5am

