

# Group Training Schedule: Effective July 1st.

. Pre-registration required for all classes (link can be found at [www.corefitnessgrouptraining.com](http://www.corefitnessgrouptraining.com) ). Classes (or portions of class) may be held outdoors if weather permits. All Covid safety guidelines can be found on our website at [www.corefitnessgrouptraining.com](http://www.corefitnessgrouptraining.com).

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

Mon	Tue	Wed	Thur	Fri	Sat	Sun
5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Nucleus		
6:00am-6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45 Core Cross		
7:00-7:30am HIIT Cardio	7:00-7:45am Functional Intensity	6:45-7:30am Spin	7:00-7:45am Functional Intensity		7:00-7:30am Group Strength	
7:30am-8:15am Group Strength		7:30-8:15am Group Strength	7:45am Tri Fit	7:30am-8:15 Core Cross	7:30-8:15am Functional Training	
	9:30-10am 30-Minute Functional Intensity		9:30-10am 30-Minute Functional Intensity		8:15-8:45am Bootcamp Beats	
4:45-5:30pm Athlete Speed and Strength level 2		4:45-5:30pm Athlete Speed and Strength Level 2			8:45am Step Aerobics	8:00am Spin
5:30pm Group Strength			6:00-6:45pm Group Strength			
6:15-7:00pm Tri Fit	6:15-7:00pm Body Sculpt 6:15-7:00pm Kidfit Challenge	6:15pm-7:00pm Spin				
Strength Video	Functional Video	Strength Video	Functional Video	Strength Video	Functional Video	Sent by 5am