



Group Training Schedule

Please reserve your space in class by visiting www.corefitnessgrouptraining.com

Effective 2/27/23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	M-20	SPIN	M-20	SPIN	NUCLEUS		
6:00am	STRENGTH		STRENGTH		Core Cross		
6:15am		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			
7:00am						Power Half Hour Strength	
7:30am	Strength		Strength		Core Cross	FUNCTIONAL TRAINING	
8:15am						Bootcamp Beats	
8:30am							SPIN
8:45am						Step Aerobics	
9:15am					Trifit		
9:30am	Strength	Core Cross	Spin	Core Cross			
4:00pm	Athlete Level 1					Monthly News: Please bring in your used or new sports gear/equipment for our collection drive to benefit Level the Playing Field. Donations accepted through 3/15	
4:45pm	Athlete Level 2		Athlete Level 2				
5:30pm	Cardio Kick & Sculpt			30 MinuteSPIN			
6:00pm		Strength		Sculpt			
6:15pm			SPIN				

Class descriptions can be found at www.corefitnessgrouptraining.com