



Group Training Schedule

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

Effective 1/2/23	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	Core Conditioning				Trifit		
9:30am	Spin	Core Cross	Spin	Core Cross			
4:00pm	Athlete Level 1					Monthly News: <ul style="list-style-type: none"> • Closed New Years Day • Body Transformation Nutrition Workshop 6:00pm, January 6th • Body Transformation Program Review and Assessments 7:00pm, January 6th • Body Transformation Kickoff January 9th • Kids and Teen Fitness and Nutrition Challenge Kickoff January 12th 	
4:45pm	Athlete Level 2		Athlete Level 2				
5:30pm	Cardio Kick & Sculpt			HIIT SPIN			
6:00pm		Strength		Sculpt			
6:15pm			SPIN				

Class descriptions can be found at www.corefitnessgrouptraining.com