



## Weekly Personal Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM - 6:50AM <i>METABOLIC BURN CAMP</i>	6AM - 6:50AM <i>METABOLIC BURN CAMP</i>	6AM - 6:50AM <i>METABOLIC BURN CAMP</i>	6AM - 6:50AM <i>METABOLIC BURN CAMP</i>	6AM - 6:50AM <i>METABOLIC BURN CAMP</i>	
	STRENGTH CAMP: 9:15am-10am		STRENGTH CAMP: 9:15am-10am		
					STRENGTH TRAINING: 8:30am
					STRENGTH CAMP: 9:30am-10:30am
STRENGTH TRAINING: 5pm	STRENGTH TRAINING: 5pm	STRENGTH TRAINING: 5pm	STRENGTH TRAINING: 5pm	STRENGTH TRAINING: 5pm	
6PM-6:50PM <i>METABOLIC BURN CAMP</i>	6PM-6:50PM <i>METABOLIC BURN CAMP</i>	6PM-6:50PM <i>METABOLIC BURN CAMP</i>	6PM-6:50PM <i>METABOLIC BURN CAMP</i>	6PM-6:50PM <i>METABOLIC BURN CAMP</i>	
STRENGTH TRAINING: 7pm	STRENGTH TRAINING: 7pm	STRENGTH TRAINING: 7pm	STRENGTH TRAINING: 7pm		