

# TSANTOSFIT

Fall 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM	Small Group Strength		Small Group Strength		Small Group Strength	
7:00 AM						
7:30 AM						METABOLIC 7:30-8:30 AM
8:00 AM						Functional Body Building
8:30 AM						
9:00 AM						
9:30 AM	METABOLIC		METABOLIC			
10:00 AM					METABOLIC 930-1030	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	High school strength		High School Strength		High School Strength	
5:00 PM						
5:30 PM	Small Group Strength	METABOLIC	Small Group Strength	METABOLIC		
6:00 PM						
6:30 PM	Small Group Strength		Small Group Strength			
7:00 PM	Functional Body Building		Functional Body Building			
7:30 PM						