

TSANTOSFIT

FALL 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM	Small Group Strength		Small Group Strength			
7:00 AM						
7:30 AM						METABOLIC 7:30-8:30 AM
8:00 AM						
8:30 AM						Small Group Strength
9:00 AM						
9:30 AM	Small Group Strength		Small Group Strength			
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			
5:00 PM						
5:30 PM	Small Group Strength		Small Group Strength	METABOLIC		
6:00 PM						
6:30 PM	Small Group Strength		Small Group Strength			
7:30 PM		Small Group Strength				