



















TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING					
★ 6 AM 	6 AM 	★ 6 AM 	6 AM 	★ 6 AM 	
LOWER BODY GAINS	VOLUME HIIT	UPPER BODY GAINS	CARDIO HIIT	LOWER BODY GAINS	
	7 AM 		7 AM 		8 AM 
	CARDIO HIIT		VOLUME HIIT		VOLUME HIIT
★ 9:00 AM 		★ 9:00 AM 		9:00 AM 	
LOWER BODY GAINS		VOLUME HIIT		VOLUME HIIT	
AFTERNOON					
★ 5 PM 		★ 5 PM 	★ 5 PM 		
LOWER BODY GAINS		UPPER BODY GAINS	LOWER BODY GAINS		
★ 6 PM 	6 PM 	★ 6 PM 	★ 6 PM 		
LOWER BODY GAINS	VOLUME HIIT	UPPER BODY GAINS	LOWER BODY GAINS		

★ SMALL GROUP PT/ULTIMATE PT MEMBERS ONLY