



# GROUP TRAINING SCHEDULE

## Monday

6:00AM Afterburner

Mark

G

8:30 Afterburner

Marcela

G

## Location

## Tuesday

9:30AM Extreme

Katie

G

6:00PM Afterburner

Cesia

PT

## Location

## Wednesday

5:30AM Afterburner

TBD

G

8:30 Extreme

Ryan

G

## Location

## Thursday

9:30AM Afterburner

Jack

G

## Location

## Friday

5:30AM Extreme

Ally

G

8:30 Extreme

Kasey

G

## Location

## Saturday

8:30AM Extreme

Sam

G

## Location

### LOCATION KEY

**G** Marcus Gym

**B** Studio B

**PT** Personal Training Studio