



Small Group Training

Time:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30am		Paseo Tribe Lift <i>Jen</i>		Paseo Tribe Lift <i>Jen</i>			
6:00am		Greatest Results <i>Justin</i>		Greatest Results <i>Justin</i>			
7:00am	Blood Flow <i>Cezanne</i>	Blood Flow <i>Justin</i>	Blood Flow <i>Cezanne</i>	Blood Flow <i>Justin</i>	Blood Flow <i>Cezanne</i>		Trainers workout <i>Jen</i>
8:00am	Lift <i>Jodi</i>		Paseo Tribe Core Strength <i>Jodi</i>		8:30am Lift <i>Jodi</i>	8:15am HIIT 60 in 30 <i>Jason</i>	
9:30am	9am Blood Flow <i>Melanie</i>	Greatest Results <i>Justin</i>	10:45am TRX & Core <i>Jalin</i>	Greatest Results <i>Justin</i>	10:30am TRX & Core <i>Jodi</i>		9am Blood Flow <i>Cayden</i>

APRIL



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11:30am							
2:30pm		3:15pm Legacy Cycle Class		3:15pm Legacy Cycle Class			
4:45pm	Lift <i>Jodi</i>	4pm- 5:15pm Legacy PE	Lift <i>Jodi</i>	4pm- 5:15pm Legacy PE			
5:15pm		Victory Martial Arts	5:00pm Blood Flow <i>Melanie</i>	Victory Martial Arts			
6:00pm	Paseo Tribe Core <i>Cezanne</i>	Krav Maga <i>Kody</i>	Paseo Tribe Core <i>Cezanne</i>	Krav Maga <i>Kody</i>			

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