

# HIGHLAND GROUP TRAINING SCHEDULE

IN-CLUB GROUP TRAINING			VIRTUAL GROUP TRAINING		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45 AM Virtual - Tim		5:30-6:15 AM Virtual - Tim		6:00-6:45 AM Virtual - Tim	
6:00-6:45 AM East - Julie	6:00-6:45 AM West - Emily	6:00-6:45 AM East - Julie	6:00-6:45 AM West - Emily	6:00-6:45 AM East - Julie	
8:00-8:30 AM East - Julie		8:00-8:30 AM East - Julie			
	9:30-10:30 AM Virtual Silver Fit Julie		9:30-10:30 AM Virtual Silver Fit Julie		
12:00-12:30 PM East - Tim	12:00-12:45 PM West - Julie	12:00-12:30 PM East - Tim	12:00-12:45 PM West - Julie	12:00-12:30 PM East - Tim	
	4:30-5:15 PM East - Sean		4:30-5:15 PM East - Sean		
5:00-5:45 PM East - Tim		5:00-5:45 PM East - Tim			

Schedules are subject to change on a monthly basis. Please use app to register and see up-to-date schedule. If you need help to schedule for a time slot please call: 715-833-2100 ext. 4