

IN-CLUB GROUP TRAINING

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 AM Julie	6:00-7:00 AM West - Sarah	6:00-7:00 AM Julie	6:00-7:00 AM West - Sarah	6:00-7:00 AM Julie	
12:00-12:30 PM Tim		12:00-12:30 PM Tim		12:00-12:30 PM Tim	
4:30-5:30 PM Tim		4:30-5:30 PM Tim			

VIRTUAL GROUP TRAINING

6:00-7:00 AM Tim		5:30-6:30 AM Tim		6:00-7:00 AM Tim	
	9:30-10:30 AM SilverFit - Julie		9:30-10:30 AM SilverFit - Julie		
	12:00-12:30 PM Sean		12:00-12:30 PM Sean		
	5:15-6:00 PM Sean		5:15-6:00 PM Sean		

Schedules are subject to change on a monthly basis. To schedule for a time slot please call:

East Location: 715-833-2100 ext. 4
West Location: 715-839-3702

