

# TAILORED

## FITNESS

# Group Training

### Morning Sessions

#### Monday

5:45am  
7:30am  
9:00am

#### Tuesday

5:45am  
7:30am  
9:00am

#### Wednesday

5:45am  
7:30am  
9:00am

#### Thursday

Cardio Kickboxing

5:45am  
7:30am  
9:00am

#### Friday

5:45am  
7:30am  
9:00am

### Evening Sessions

#### Monday

5:30pm  
6:30pm  
8:00pm

#### Tuesday

5:30pm  
6:30pm  
8:00pm

#### Wednesday

5:30pm  
6:30pm  
8:00pm

#### Thursday

Cardio Kickboxing

5:30pm  
6:30pm  
8:00pm

#### Friday

6:30pm (ONLY)

### Saturday Sessions

8:30am

10:00am - Cardio Kickboxing  
(**Kickboxing Package Holders ONLY**)

### Sunday Sessions

8:30am

**All Sessions 40 Minutes**