

# TAILORED

FITNESS

## Group Training

### Morning Sessions

Monday	Tuesday	Wednesday	Thursday Cardio Kickboxing	Friday
5:45am	5:45am	5:45am	5:45am	5:45am
7:30am	7:30am	7:30am	7:30am	7:30am
9:00am	9:00am	9:00am	9:00am	9:00am

### Evening Sessions

Monday	Tuesday	Wednesday	Thursday Cardio Kickboxing	Friday
5:30pm	5:30pm	5:30pm	5:30pm	<b>No Evening Sessions</b>
6:30pm	6:30pm	6:30pm	6:30pm	
8:00pm	8:00pm	8:00pm	8:00pm	

### Saturday Sessions

8:30am

**All Sessions 40 Minutes**

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[www.TailoredFitness.net](http://www.TailoredFitness.net)