

# Group Personal Training Schedule **New Lenox**



	Monday	Wednesday	Friday	Saturday
Time	Column1	Column2	Column3	Column4
8:30-9:30	HIIT Body Design	Booty Camp Xpress	HIIT Body Design	Total Body Reset (Functional Circuit)
9:30-10:30	Booty Camp Xpress	Total Body Reset (Functional Curcuit)	At the Bar - Strength & Conditioning	Sweat Box
5:30-6:30	Booty Camp	Booty Camp		
6:30-7:30	HIIT Body Design	HIIT Body Design		