

SMALL GROUP TRAINING SCHEDULE



A-FIT TEAM

What is Bootcamp?

- Competitive Team Environments
- Great for ALL goals
- Highly Motivating
- Challenges ALL aspects of fitness



Why You Should Join

- Affordable Training
- Professional Guidance
- Plateau Breaker
- Part of a **FIT** Family

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|
| <p>6:00 am MORNING ESPRESSO 30-Minute Cardio Power With <i>Master Trainer Catharine</i></p>  | | <p>6:00 am MORNING ESPRESSO 30-Minute Cardio Power With <i>Master Trainer Catharine</i></p> |  | <p>6:00 am MORNING ESPRESSO 30-Minute Cardio Power With <i>Master Trainer Catharine</i></p> | <p>8:00 am A-FIT BOOTCAMP Athletic-Style Training With <i>Coach Joe</i></p> |
| <p>9:30 am SUPPLE WARRIOR Self-Paced Technique Workout With <i>Elite Trainer Magda</i></p> | <p>9:30 am A-FIT BOOTCAMP Athletic-Style Training With <i>Coach Joe</i></p> | <p>9:30 am POWER HOUR Strength Fundamentals With <i>Master Trainer Caleb</i></p> | <p>9:30 am A-FIT BOOTCAMP Athletic-Style Training With <i>Coach Joe</i></p> | <p>9:30 am A-FIT BOOTCAMP Athletic-Style Training With <i>Coach Joe</i></p> | <p>9:00 am A-FIT BOOTCAMP Athletic-Style Training With <i>Coach Joe</i></p> |
| <p>6:00 pm A-FIT BOOTCAMP Athletic-Style Training With <i>Coach Joe</i></p> | <p>5:00 pm MOBILITY NIGHT Dynamic Flexibility With <i>Coach Joe</i></p> | <p>6:00 pm A-FIT BOOTCAMP Athletic-Style Training With <i>Coach Joe</i></p> | <p>6:00 pm POWER HOUR Strength Fundamentals With <i>Master Trainer Caleb</i></p> |  <p>METABOLIC RATE vs TIME</p> <p>Labels: HIIT WORKOUT, TRADITIONAL CARDIO WORKOUT, AFTER BURN EFFECT</p> | |

*Ask a team member how YOU can be part of the **A-FIT** Team!*