



# Group Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am	Advanced BootCamp	Special Forces	Advanced BootCamp	Special Forces	Advanced BootCamp
6:00am		Special Forces		Special Forces	
5:30pm	Special Forces		Special Forces		Special Forces

## Special Forces- \$70 per Month / Includes BootCamp and Les Mills SPRINT

Essentially Personal Training in a Group Setting, Special Forces is intended to work all Major Muscle Groups while teaching Proper Technique and giving Personal Attention to each exercise and participant. Strength Training is at the heart of any fitness goal, and is the focus of our Special Forces Program.