

NSF Group X	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 07:00	Group X Barbell	HIIT	Bootcamp	Box	Group X Barbell	Strength & Conditioning (7)	HIIT (7)
07:00 - 08:00	HIIT	R.A.M.P	Group X Barbell	Open Session	HIIT	Bootcamp (8)	Group X Barbell (8)
						Box (9)	HIIT (9)
08:30 - 09:30	Strength & Conditioning	HIIT	Workout Of The Day	Strength & Conditioning	Strength & Conditioning	R.A.M.P (10)	Strength & Conditioning (10)
09:30 - 10:30	Strength & Conditioning	Upper Body	Box	Group X Barbell	Group X Barbell		
10:30 - 11:30		Open Session		HIIT			
17:00 - 18:00	Group X Barbell	Box	Strength & Conditioning	Kettlercise	Group X Barbell		
18:00 - 19:00	Box	Kettlercise	Group X Barbell	Upper Body	Strength & Conditioning		
19:00 - 20:00	Group X Barbell	Kettlercise	HIIT	Box	Box		
20:00 - 21:00	HIIT	Stretch	Group X Barbell	Group X Barbell			