

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15		Sunrise Endurance Training		Sunrise Endurance Training		
8:15	Functional Fitness Training		Functional Fitness Training		Functional Fitness Training	
9:30	Functional Fitness Training	Functional Fitness Training	Mobility / Corrective Exercise	Functional Fitness Training	Functional Fitness Training	P.I.T. Crew
9:30	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	
12:30		Lunchtime Express		Lunchtime Express		
3:30	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	
5:30	Functional Fitness Training	Functional Fitness Training	Functional Fitness Training	Functional Fitness Training	Functional Fitness Training	
6:30		Functional Fitness Training	Restorative Yoga	Functional Fitness Training		