



your fitness

Group Training Zone (GTZ)

Mon	Tue	Wed	Thu	Fri	Sat
6.00AM electrica Zoe	6.00AM hydra Crawf		6.00AM hydra Chris	6.00AM furnace Zoe	9.00AM furnace Zoe
	12.15PM furnace45 Zoe				
		5.00PM hydra Chris		5.15PM aerial yoga Meri	
6.00PM electrica Gracyn	6.00PM hydra Zoe		6.00PM hydra Chris		