



# **SMALL GROUP TRAINING**

## **WEEKLY SCHEDULE**

### **MONDAY**

8:00AM | CROSS TRAINING | Lucas

9:00AM | BOXING | Evan

11:00AM | CROSS TRAINING | Lucas

3:00PM | CROSS TRAINING | Justin

### **TUESDAY**

8:00AM | CROSS TRAINING | Lucas

9:00AM | TRX | Dawn

10:00AM | SWEAT HIIT | Rachel

11:00AM | CROSS TRAINING | Lucas

### **WEDNESDAY**

6:00AM | CROSS TRAINING | Issa

8:00AM | CROSS TRAINING | Lucas

9:30AM | BOOTY, BACK & BICEPS | Lauren

11:00AM | CROSS TRAINING | Lucas

3:00PM | CROSS TRAINING | Justin

### **THURSDAY**

8:00AM | CROSS TRAINING | Lucas

11:00AM | CROSS TRAINING | Lucas

### **FRIDAY**

6:00AM | CROSS TRAINING | Karen

8:00AM | CROSS TRAINING | Lucas

9:00AM | FUNCTIONAL TRAINING | BJ

11:00AM | CROSS TRAINING | Lucas

3:00PM | CROSS TRAINING | Justin

### **SATURDAY**

9:00AM | BOXING & CONDITIONING | Justin

### **CONTACT US**

For more information or to purchase a small group training package reach us at

262.646.4727 or [info@befitnesscenter.com](mailto:info@befitnesscenter.com)