

CHOOSE YOUR NEXT 3 SESSIONS

**YOU ARE 91% MORE LIKELY TO BE SUCCESSFUL** with your fitness goals by booking your workouts in advance.

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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5:15 AM  6:15 AM  8:15 AM  9:15 AM | 5:15 AM  6:15 AM  8:15 AM  9:15 AM | 5:15 AM  6:15 AM  8:15 AM  9:15 AM | 5:15 AM  6:15 AM  8:15 AM  9:15 AM | 5:15 AM  6:15 AM  8:15 AM  9:15 AM | 7:15 AM  8:15 AM  9:15 AM |
| 4:15 PM  5:15 PM  6:15 PM | 4:15 PM  5:15 PM  6:15 PM | 4:15 PM  5:15 PM  6:15 PM | 4:15 PM  5:15 PM  6:15 PM | 4:15 PM  5:15 PM  6:15 PM |  |