

Small Group Training Room Schedule

S m a l l G r o u p T r a i n i n g	TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00pm		Bordoni Training 12:30pm - 1:00pm				Cycle Lab 12:00pm - 1:30pm
	5:00 PM		Kidfit 5:00pm - 6:00pm	Junior Ninja 4:30pm - 5:30pm <i>* if weather permits will be outside</i>	Kidfit 5:00pm - 6:00pm	Junior Ninja 4:30pm - 5:30pm <i>* if weather permits will be outside</i>	
	5:30 PM	Dare to Lose 5:30pm - 7:00pm		Run Lab 5:30 pm - 7:00 pm	Dare to Lose 5:30pm - 7:00pm		