

BATTLE ZONE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:00AM		LINDA'S BOOTCAMP		LINDA'S BOOTCAMP		
6:00 - 7:00AM	TFW with WALKER			TFW with DEBBIE		
8:00 - 9:00AM						TFW with WALKER
9:30 - 10:00AM	ANISA'S BOOTCAMP		ANISA'S BOOTCAMP			
10:30 - 11:30AM						FREE CROSS TRAINING with DEBBIE
11:15 - NOON	SILVER SNEAKERS with JOYCE		SILVER SNEAKERS with JOYCE		SILVER SNEAKERS with JOYCE	
4:30 - 5:30PM	TFW with ANISA		TFW with DEBBIE			
5:30 - 6:30PM			FREE CROSS TRAINING with DEBBIE			
6:00 - 6:30PM		LINDA'S BOOTCAMP		LINDA'S BOOTCAMP		
6:00 - 7:00PM		TFW with DEBBIE				

Battle Zone Is Available for Basketball and Individual Member Workouts All Other Times Throughout the Week and Weekend Unless Designated Otherwise On This Schedule or with Special Signage. Personal Trainers with Clients Have Preference Over Individual Member Workouts.

Schedule Updates and Club News: www.energyfitnesspaducah.com

