

# BATTLE ZONE SCHEDULE

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



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](http://www.energyfitnesspaducah.com)