

# BATTLE ZONE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00AM TERREL'S BOXING & STRENGTH						
	5:30-6:00AM LINDA'S BOOTCAMP		5:30-6:00AM LINDA'S BOOTCAMP			
8:30-9:30AM ANISA'S FIT OVER 40		8:30-9:30AM ANISA'S FIT OVER 40			8:30-9:30AM TFW CROSS TRAINING with Walker	
	9:00-10:00 AM ANISA'S HIIT BOX & BURN		9:00-10:00AM ANISA'S HIIT BOX & BURN			
11:00-11:45AM SILVER SNEAKERS with JOYCE		11:00-11:45AM SILVER SNEAKERS with JOYCE		11:00-11:45AM SILVER SNEAKERS with JOYCE		
NOON-12:45PM FIT OVER 50 with ANISA		NOON-12:45PM FIT OVER 50 with ANISA		NOON-12:45PM FIT OVER 50 with ANISA		
4:30-5:30PM TFW with DARRAN		4:30-5:30PM TFW with WALKER		4:30-5:00PM TFW EXPRESS with DARRAN/WALKER		
	6:00-6:30PM LINDA'S BOOTCAMP		6:00-6:30PM LINDA'S BOOTCAMP			
	6:00-7:00PM TFW with WALKER		6:00-7:00PM TFW with DEBBIE			

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