

# BATTLE ZONE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:00AM LINDA'S BOOTCAMP		5:30-6:00AM LINDA'S BOOTCAMP		
8:30-9:30AM ANISA'S BOOTCAMP		8:30-9:30AM ANISA'S BOOTCAMP			8:30-9:30AM TFW CROSS TRAINING with WALKER
	9:00-10:00AM ANISA'S BOOTCAMP		9:00-10:00AM ANISA'S BOOTCAMP		
11:00-11:45AM SILVER SNEAKERS with JOYCE		11:00-11:45AM SILVER SNEAKERS with JOYCE		11:00-11:45AM SILVER SNEAKERS with JOYCE	
3:30-4:30PM AMPA PARISI TRAINING with MARIO				3:30-4:30PM AMPA PARISI TRAINING with MARIO	
4:30-5:30PM TFW CROSS TRAINING with DARRAN					
			5:30-6:30PM TFW CROSS TRAINING with DEBBIE		
	6:00-6:30PM LINDA'S BOOTCAMP		6:00-6:30PM LINDA'S BOOTCAMP		

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.