



ARE YOU IN THE ZONE?

FLEXIBLE SCHEDULE OPTIONS*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	
6:30AM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>		HIIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>			
8:15AM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT FORCE <small>HIGH INTENSITY INTERVAL TRAINING</small>
9:30AM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT FORCE <small>HIGH INTENSITY INTERVAL TRAINING</small>
4:00PM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	
5:15PM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>		
6:30PM	<small>TOTAL BODY WORKOUT</small> METCON <small>GROUP EXCLUSIVE TRAINING</small>	HIIT UPPER <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT CORE <small>HIGH INTENSITY INTERVAL TRAINING</small>	HIIT LEGS <small>HIGH INTENSITY INTERVAL TRAINING</small>		

*Subject to change upon notice.

For more information, contact a Zone4 Coach or visit the Front Desk!

