AREYOU IN THE ZONE?

FLEXIBLE SCHEDULE OPTIONS*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	TOTAL BOOY WORKOUT METCON GROUP EXCLUSIVE TRAINING	MOSI INTERSITY INTERVAL TRAINING	*CORE HIGH STENSTY HIGH STENSTY HIGH STENSTY	• LECS INGUINTENALTY INTERVALTRAINING	TOTAL BODY WORKOUT METCON GROUP EXCLUSIVE TRAINING	
6:30AM	TOTAL BODY WORKOUT METCON SROUP-EXCLUSIVE STAINING.		*CORE HIGH INTERSITY INTERVAL TRAINING			
8:15AM	TOTAL BODY WORKDUT METCON GROUP EXCLUSIVE TRAINING	HOS INTERVAL TRAINING	*EDRE HIGH INTERFOR HITERYAL TRAINING	HEGES HIGH INTERVAL TRAINING	TOTAL BODY WORKOUT METCON GROUP EXCLUSIVE TRAINING	+FORCE HIGH BYTENDATIVE BYTEND
9:30AM	TOTAL BOOY WORKOUT	HIGH INTERVAL TRAINING	*CORE HIGH INTERISTY INTERIOR TRANSING	• LE CL5 I-GGI INTERESTY INTERVAL TRAINING	TOTAL BOOY WORKOUT METCON EN OUT EXCLUSIVE TRAINING	+FDRCE HIGH BYTEMATTY BYTEMAL TRABBING
4:00PM	TOTAL BOOY WORNOUT FROUP EXCLUSIVE TRAINING	HIGH INTERVAL TRAINING	+ CDRE HIGH INTERSITY HITERVAL TRAINING	• LECS HYCHESTY HIGHNAL TRANSG	TOTAL BOOV WORKOUT FOR TOWN AND THE TOTAL BOOV WORKOUT FOR TOTAL BOOV WORKOUT FOR TOTAL BOOV WORKOUT	
5:15PM	TOTAL BOOY WORKDUT	HIGH INTERVAL TRAINING	*CORE HIGH INTERISTY INTERIORAL TRANSMIS	LECS INTERVAL TRAINING		
6:30PM	TOTAL BODY WORNOUT METCON GROUP EXCLUSIVE TRAINING	HIGH INTENSITY INTERVAL TRAINING	+CORE WISH INTERFORM INTERFORA TRANSING	HECS HIGH INTENSITY INTERVAL TRAINING		

*Subject to change upon notice.

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

