ARE YOU IN THE ZONE?

FLEXIBLE SCHEDULE OPTIONS*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	TOTAL BODY WORKOUT METCON GROUP EXECUTIVE TRAINING	MORI INTENSITY INTENSITY INTENSITY	FINE HIGH INTERSITY HIGH INTERVAL TRANNING	LEGS HIGH HYENSITY INTERVAL TRANING	TOTAL BODY WORKOUT METCON BROUP EXCLUSIVE TRAINING	
8:15AM	TOTAL BODY WORKDUT	HIGH INTENSITY INTERVAL TRAINING	*CORE HIGH NTENSTY HYERVAL TRANNING	• LECS IAGGI INTERVAL TRAINING	TOTAL BODY WORKOUT METCON GROUP EXCLUSIVE TRAINING	+FDRCE HIGH BYENGHY HYENVAL TRANSME
9:30AM	TOTAL BODY WORKDUT	HIGH INTERSITY INTERVAL TRAINING	*CDRE HIGH INTENSITY INTENZAL TRAINING	• LEGS HYGHIY HIGH INTERVAL TRAINING	TOTAL BOOV WORMUIT METCON ENDUD EXCUSTIVE TAXIBING	+FORCE HIGH BYENSTY RYERVAL TRANSMG
12:00PM	TOTAL BODY WORKOUT TOTAL BODY WORKOUT TROUP EXCUSIVE TRAINING	HIGH INTERSITY INTERVAL TRANSING	+CDRE HIGH INTENSITY HIGH INTENSITY	• LE G.5 IAGGI INTERSITY INTERVAL TRAINING	TOTAL BOOY WORKDUT	
5:30PM	METCON GROUP EXCLUSIVE TRAINING	HEAD TROOFT MEETING TO THE MEETING T	WIGH PET GROUP?	HECS HOGS INTRESTY INTERVAL TRAINING		

*Subject to change upon notice.

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

