



Studio Training Schedule

M - F 5:30 AM - 1PM / 4:30PM - 9:30PM / SAT 8:30 - 1PM / SUN 10:30 AM - 1PM



HEAL



PRIME



IGNITE



EVOLVE



TRANSCEND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING

6AM CONDITIONING ●	6AM PURE STRENGTH ●	6AM MET BURN ●	6AM TOTAL CORE ●	6AM X OVER ●	9AM X OVER ●	
			6:30AM RESTORE ●			
7AM SMALL GROUP ●	7AM SMALL GROUP ●	7AM SMALL GROUP ●	7AM SMALL GROUP ●		10AM ENTER THE KB ●	11AM MET BURN ●
10AM OPEN GYM	10AM OPEN GYM	10AM OPEN GYM	10AM OPEN GYM	10AM OPEN GYM		

NOON

12PM X OVER ●	12PM PURE STRENGTH ●	12PM TOTAL CORE ●	12PM MET BURN ●	12PM CONDITIONING ●	12:30PM SEXY SATURDAY ●	12:30PM RESTORE ●
		12:30PM RESTORE ●				

EVENING

5PM PURE STRENGTH ●	5PM MET BURN ●	5PM CONDITIONING ●	5PM RUSSIAN KB ●		
6PM MET BURN ●	6PM SMALL GROUP ●	6PM SMALL GROUP ●	6PM MET BURN ●	6PM RUSSIAN KB ●	
6PM SMALL GROUP ●	6PM CONDITIONING ●	6PM PURE STRENGTH ●	6PM SMALL GROUP ●		
7PM DANCE2FITNESS ●	7PM ENTER THE KB ●	7PM X OVER ●	7PM CONDITIONING ●		
	7PM TOTAL CORE ●	7PM SMALL GROUP ●	7PM SMALL GROUP ●	7PM SMALL GROUP ●	
	7:30PM RESTORE ●				
8PM SMALL GROUP ●		8PM SMALL GROUP ●	8PM YOGA ●		
8PM OPEN GYM	8PM OPEN GYM	8PM OPEN GYM			

TRAINING ZONES

- **HEAL**
Restore your body's optimal energy flow with rehabilitative exercises.
- **PRIME**
Prime training focuses on building core stability, balance, and endurance.
- **IGNITE**
Ignite training builds your functional strength, develops power, athleticism and metabolic conditioning for extended fat loss.
- **EVOLVE**
Build strength and lean muscle mass with targeted weight training.
- **TRANSCEND**
Training in this zone includes: competitive training, olympic lifts, and elite level movements.