

DRIVEN **GROUP** DOWNTOWN **FITNESS**

Group Schedule

Class Duration: 45 minutes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		FIT 6:00-6:45		STRONG 6:00-6:45		
6:30 AM	STRONG 6:30-7:15		FIT 6:30-7:15		FIT 6:30-7:15	
9:00 AM						FIT 9:00-9:45
12:00 PM	STRONG 12:00-12:45	FIT 12:00-12:45	FIT 12:00-12:45	STRONG 12:00-12:45	FIT 12:00-12:45	
5:30 PM	STRONG 5:30-6:15	FIT 5:30-6:15	FIT 5:30-6:15	STRONG 5:30-6:15		

FIT: This 3D circuit hits all of the essentials - strength, balance, heart rate, agility, and endurance

STRONG: This 3D workout focuses on building strength, power, and explosiveness

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