

Impact Fitness, LLC
Group Training Schedule Effective July 1, 2019

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am	Total Body 3D - Melissa		HIIT Circuit - Melissa		Core & More Melissa		
7:30 am						Boot Camp Melissa	
8:00 am		Total Body 3D - Melissa		HIIT Circuit - Melissa			
8:30 am							
9:00 am	Total Body 3D - Melissa	Active Aging Group Training - Melissa	HIIT Circuit - Melissa	Active Aging Group Training - Melissa	Core & More Melissa	Kettlebell Circuit Jake	
9:30 am							
10:00 am							
10:30 am							
11:00 am		Di-Namic Fitness Diane		Di-Namic Fitness Diane			
11:30 am							
12:00 pm	Total Body 3D - Melissa		HIIT Circuit - Melissa		Core & More Melissa		
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm	Active Aging Group Training - Melissa				Active Aging Group Training - Melissa		
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm		Di-Namic Fitness Diane		Di-Namic Fitness Diane	Core & More Melissa		
5:00 pm	Strength Circuit Jake					HIIT Circuit - Melissa	
5:30 pm		Di-Namic Fitness Diane		Di-Namic Fitness Diane			
6:00 pm							
6:30 pm		Strength Circuit Jake		Strength Circuit Jake			
7:00 pm							