



IC40 GROUP TRAINING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 12PM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY 6PM IC40 LOWER BODY	6AM IC CARDIO 7AM IC CARDIO 8AM IC CARDIO 9AM IC CARDIO 10AM KICKBOXING 4PM IC CARDIO 5PM BOXING 6PM IC CARDIO	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 12PM IC40 LOWER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY	8AM IC40 UPPER BODY 9AM IC40 UPPER BODY
	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 12PM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY 6PM IC40 LOWER BODY	6AM IC CARDIO 7AM IC CARDIO 8AM IC CARDIO 9AM IC CARDIO 10AM KICKBOXING 4PM IC CARDIO 5PM BOXING 6PM IC CARDIO	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 12PM IC40 LOWER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY	8AM IC40 UPPER BODY 9AM IC40 UPPER BODY
	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 12PM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY 6PM IC40 LOWER BODY	6AM IC CARDIO 7AM IC CARDIO 8AM IC CARDIO 9AM IC CARDIO 10AM KICKBOXING 4PM IC CARDIO 5PM BOXING 6PM IC CARDIO	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 12PM IC40 LOWER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY	8AM IC40 UPPER BODY 9AM IC40 UPPER BODY
	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 12PM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY 6PM IC40 LOWER BODY	6AM IC CARDIO 7AM IC CARDIO 8AM IC CARDIO 9AM IC CARDIO 10AM KICKBOXING 4PM IC CARDIO 5PM BOXING 6PM IC CARDIO	6AM IC40 UPPER BODY 7AM IC40 UPPER BODY 8AM IC40 UPPER BODY 9AM IC40 UPPER BODY 12PM IC40 LOWER BODY 4PM IC40 UPPER BODY 5PM IC40 UPPER BODY 6PM IC40 UPPER BODY	6AM IC40 LOWER BODY 7AM IC40 LOWER BODY 8AM IC40 LOWER BODY 9AM IC40 LOWER BODY 4PM IC40 LOWER BODY 5PM IC40 LOWER BODY	8AM IC40 UPPER BODY 9AM IC40 UPPER BODY

SCAN THIS QR CODE TO REGISTER FOR A CLASS ANYTIME! 5 HOUR NOTICE PRIOR TO CLASS TIME IS REQUIRED.

