


















Platinum Fitness

Temporary GROUP X ***Subject to change daily

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
7:15:00 AM (Cage)			 55 min - Adrian			7:30 AM	 55 min - Liza	
8:30 AM	 55 min - Zaniah	 55 min - Michelle	 55 min - Jessica	 55 min - Michelle	 55min - Guille	8:30 AM	 55 min - Stephan	
9:40 AM	 55 min - Mari				 55 min - Kelly	9:30 AM	 55 min - Stephan	 55 min - Jessica
12:00 PM						10:00 AM		
4:45 PM			 Core Training 30 min - Jon					
5:30 PM	 55 min - Guille	 55 min - Stephan		 55 min - Stephan	 55 min - Randy Sue			

Updated 10/16/2020

**LES MILLS
BODYCOMBAT**

