



















Platinum Fitness

Temporary GROUP X ***Subject to change daily

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
7:30 AM		 55 min - Liza (starting 12/15)						
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 - Adrian <u>Outside Cage</u>		 55 min - Kelly	9:30 AM	 55 min - Stephan	 55 min - Jessica
						10:00 AM		
12:00 PM								
4:45:00 PM (Studio Fit)			 Core Training 30 min - Jon					
5:30 PM	 55 min - Guille	 55 min - Stephan	 55 min - James/Team	 55 min - Stephan	 55 min - Randy Sue			

Updated 12/5/2020

**LES MILLS
BODYCOMBAT**

