



















# Platinum Fitness

Temporary GROUP X \*\*\*Subject to change daily

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
7:30 AM		 55 min - Liza						
8:30 AM	 55 min - Lynne	 55 min - Michelle	 55 min - Zaniah	 55 min - Michelle	 55 min - Guille	8:30 AM	 55 min - Stephan	
9:40 AM	 55 min - Mari				 55 min - Kelly	9:30 AM	 55 min - Stephan	
10:00AM			 55 min - Adrian <i>Outside Cage</i>					
11:30AM								
12:00 PM								
4:45:00 PM (Studio Fit)			 Core Training 30 min - Jon					
4:00PM			 55 min - Randy Sue		 55 min - Randy Sue			
5:30 PM	 55 min - Guille	 55 min - Stephan	 55 min - James/Team	 55 min - Stephan				

Updated 04/12/2021