



Thrive Small Group Personal Training Schedule:

The tailored programming of personal training mixed with the community of group fitness.

A program that is safe, fun and effective. You will feel like you're a part of something much bigger than a well-balanced workout. A focus on world-class coaching and a strong community is what we believe most people need to achieve those fitness goals that you have always wanted.

Monday	Tuesday	Wednesday	Thursday	Friday
AM				
8:00	8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00	10:00
PM				
4:00	4:00	4:00	4:00	4:00
5:00	5:00	5:00	5:00	5:00
6:00	6:00	6:00	6:00	6:00