

TEAM TRAINING SCHEDULE



SCHEDULE START DATE 4/9/2018

Please visit us on our website at: www.bostonnorthfitness.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:00 AM							
7:00 AM		AFTERBURN A		AFTERBURN B			
8:00 AM	HITT 30 MIN		HITT 30 MIN		HITT 30 MIN	8:00 AM	IND. STRENGTH B
8:30 AM	IND. STRENGTH A		FOUNDATIONS		FOUNDATIONS	9:00 AM	AFTERBURN A
9:00 AM						10:00 AM	
9:30 AM		AFTERBURN A		AFTERBURN B			
5:00 PM		HITT 30 MIN					
5:30 PM	FOUNDATIONS		FOUNDATIONS		FOUNDATIONS		
6:30 PM	AFTERBURN A		IND. STRENGTH A	AFTERBURN B			