



SMART FITNESS

Feel, Move, and Live Better

Small Group Class Schedule

M	Tu	W	Th	F	Sa	Su
	Strength Training 6am-7am		Strength Training 8am-9am			
	Strength Training 8am-9am		Strength Training 9a-10a			
Strength Training 10am-11am	Strength Training 9a-10a	Strength Training 930a-1030a	Strength Training 10a-11a	Strength Training 10am-11am	Strength Training 11a-12p	Boxing 10am-11pm
	Soccer Strength Training 345p-445p		Soccer Strength Training 345p-445p			
			Strength Training 5:30-6:30pm			
Strength Training 6:30-7:30pm			Strength Training 6:30-7:30pm			