



SMALL GROUP TRAINING

WEEKLY SCHEDULE

MONDAY

6 AM | STRENGTH & CONDITIONING | Evan
8 AM | CROSS TRAINING | Lucas
9 AM | BOXING | Evan
11 AM | CROSS TRAINING | Lucas

TUESDAY

8 AM | CROSS TRAINING | Lucas
10 AM | SWEAT HIIT | Rachel
11 AM | CROSS TRAINING | Lucas

WEDNESDAY

6 AM | CROSS TRAINING | Issa
6 AM | STRENGTH & CONDITIONING | Evan
8 AM | CROSS TRAINING | Lucas
11 AM | CROSS TRAINING | Lucas

THURSDAY

8 AM | CROSS TRAINING | Lucas
11 AM | CROSS TRAINING | Lucas

FRIDAY

6 AM | STRENGTH & CONDITIONING | Evan
7 AM | STRENGTH & CONDITIONING | Lucas
8 AM | CROSS TRAINING | Lucas
9 AM | FUNCTIONAL TRAINING | BJ
11 AM | CROSS TRAINING | Lucas

CONTACT US

For more information or to purchase a small group training package reach us at 262.646.4727 or info@befitnesscenter.com