FITNESS

SMALL GROUP TRAINING

WEEKLY SCHEDULE

MONDAY

6 AM | STRENGTH & CONDITIONING | Evan

8 AM | STRENGTH & CONDITIONING | Evan

11 AM | STRONG FOR LIFE | Eli

TUESDAY

6:15 AM | STRENGTH | Issa

8 AM | STRENGTH & CONDITIONING | Evan

10 AM | SWEAT HIIT | Rachel

11 AM | STRONG FOR LIFE | Eli

WEDNESDAY

6 AM | STRENGTH | Issa

6 AM | STRENGTH & CONDITIONING | Evan

8 AM | STRENGTH & CONDITIONING | Evan

11 AM | STRONG FOR LIFE | Eli

THURSDAY

8 AM | STRENGTH & CONDITIONING | Evan

11 AM | STRONG FOR LIFE | Eli

FRIDAY

6 AM | STRENGTH & CONDITIONING | Evan

8 AM | STRENGTH & CONDITIONING | Evan

9 AM | FUNCTIONAL TRAINING | BJ

11 AM | STRONG FOR LIFE | Eli

CONTACT US

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