



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

- 6:15 AM | CROSS TRAINING | Issa
- 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