

# SMALL GROUP TRAINING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	<b>FOCUSMASTER</b> 8:30 AM The Loft		<b>FOCUSMASTER</b> 8:30 AM The Loft		<b>SHRED SLAM SPRINT</b> 8:00 AM Basketball Court Danai	<b>FOCUSMASTER</b> 8:30 AM The Loft
<b>TRX BLAST</b> 9:15 AM Movement Zone Danai	<b>SHRED SLAM SPRINT</b> 9:00 AM Basketball Court Danai		<b>STRIKE &amp; CHISEL</b> 9:00 AM Basketball Court Danai	<b>POWER HOUR</b> 9:15 AM Training Zone Danai	<b>FOCUSMASTER</b> 9:00 AM The Loft	<b>META BURN</b> 9:15 AM Training Zone Joe
<b>STRONGER</b> 9:15 AM Training Zone Diana	<b>CONDITION</b> 9:15 AM Training Zone Diana		<b>META BURN</b> 9:15 AM Training Zone Joe			
<b>FOCUSMASTER</b> 9:30 AM The Loft		<b>FOCUSMASTER</b> 9:30 AM The Loft		<b>FOCUSMASTER</b> 9:30 AM The Loft	<b>POWER HOUR</b> 9:30 AM Training Zone Jimmy	<b>FOCUSMASTER</b> 9:30 AM The Loft
	<b>FOCUSMASTER</b> 10:30 AM The Loft		<b>FOCUSMASTER</b> 10:30 AM The Loft			
<b>FOCUSMASTER</b> 5:30 PM The Loft	<b>FOCUSMASTER</b> 5:30 PM The Loft					
<b>GUT BLASTER</b> 6:00 PM Training Zone Joe	<b>POWER HOUR</b> 6:00 PM Training Zone Jimmy	<b>FOCUSMASTER</b> 6:00 PM The Loft	<b>FOCUSMASTER</b> 6:00 PM The Loft	<b>CONDITION</b> 6:00 PM Training Zone Jimmy		
	<b>FOCUSMASTER</b> 7:00 PM The Loft	<b>STRONGER</b> 6:30 PM Training Zone Diana	<b>POWER HOUR</b> 6:30 PM Training Zone Jimmy			

**Pricing For Members:**  
 \$20 - Single Class  
 \$54 - 3-Class Package  
 \$150 - 10-Class Package  
 \$250 - 20-Class Package  
 \$119/month - Unlimited

Schedule Subject to Change

SGT Director - Danai Schnauber  
 danai@allsporthealthandfitness.com



# SMALL GROUP TRAINING

## META BURN

Short bursts of high intensity body weight movements focusing on pushing into the 'anaerobic training zone' using minimal equipment. Variety of training styles implemented with an emphasis on speed and agility to quickly get the heartrate up.

## STRIKE & CHISEL

Upper and lower body striking and kicking on boxing bags. Stations of strength based exercises utilizing weighted slam balls, kettlebells, dumb bells, ropes and more.

## SHRED SLAM SPRINT

A power packed workout with 20 minutes of total body boxing then packed with high intensity Amraps, ladder drills and sprints. On Saturday added Tabatta drills and an extra core burn.

## CONDITION

Ninety second efforts combining functional total body workouts, weighted and un-weighted. Long duration sets training to muscular and aerobic fatigue utilizing upper body, lower body and cardio equipment.

## POWER HOUR

A full-packed hour of 3 to 4 strength-based drills maximizing use of whole body compound movements combined with high volume cardio circuits. This workout is geared to build lean muscle and increase your cardiovascular system.

## STRONGER

Strength focused workout utilizing training styles such as drop sets, working-to-failure and pyramids. Limited cardio to emphasize muscle growth, optimize fat loss and heart rate stabilization.

## GUT BLASTER

High Intensity interval training workout with circuit stations, fun drills such as Amraps, Emoms, Tabatta and chippers. Also with loads of core based exercises to focus on core strength and stability, and designed to tone the stomach area.

## TRX BLAST

Strength and stability focused on TRX Suspension trainers combined with body weight cardio blasts in between sets. Alternating between push and pull movements, as well as upper body and lower body. Finish each workout with a core challenge bound to push you to your limits.

## FOCUSMASTER

Focusmaster will get you stronger, leaner and have you feeling unstoppable. Our unique designed equipment perfect for anyone looking to get in the best shape of their life. All of the combinations are based on basic boxing and kickboxing fundamentals and our resistance training comes from your own body weight. Morning or night, all you need is 30 minutes with Focusmaster and your transformation begins.