

# SMALL GROUP TRAINING SCHEDULE

## Monday

9:15AM Stronger / Diana  
Parking Lot

6:30PM Condition / Kim. L  
Parking Lot

## Wednesday

9:15AM Ignite / Kim L.  
Basketball Court

6:15PM Condition / Ben  
Basketball Court

## Friday

9:15AM Focusmaster / Diana  
Basketball Court  
*\*Boxing Gloves Required*

## Saturday

8:15AM Smash & Burn / Danai  
Basketball Court  
*\*Boxing Gloves Required*

## Sunday

8:30AM Condition/ Kim L.  
Basketball Court

**Effective 5/3, schedule subject to change**

Members \$20/Class • ALL CLASSES REQUIRE REGISTRATION  
\*24 Hour cancellation policy for SGT Classes • No-show will result in loss of session. • Registration opens 7 days prior to class. • All attendees must go through Wellness Station prior to session.

Must have All Sport MyiClub account to register.  
Visit [www.allsporthealthandfitness.com](http://www.allsporthealthandfitness.com) for registration instructions.