



Group Personal Training

January 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 10:30a NEW YEARS Fitness Class	2 4p Circuit Training 545/630 Total Body Tabata	3 545p HIIT Training 630p Insanity	4 4/ 545/ 630p Circuit Training	5	6 8a Total Body Tone 8:30a E.G.T. 9:30a RIPPED
7	8 10a Suspension Training 5:45p Circuit Training 6:30p RIPPED	9 4P Circuit Training 5:45/ 6:30p Suspension/ Strength	10 10a/ 545p/ 630p MetCon	11 4p Circuit Training 545/ 630p: 1000 Reps	12	13 8a Boxing Workshop 8:30a E.G.T. 9:30a RIPPED
14	15 10a Kettlebell Complex 5:45p Speed Drills 6:30p RIPPED Endurance	16 4/ 5:45/ 6:30p Kettlebell Complex	17 10a/ 545p Yoga Booty 6:30p TRAPboxing	18 4p/ 545p/ 630p TABATA Protocol	19	20 8a Total Body Tone 8:30a E.G.T. 9:30a RIPPED
21	22 10a 1000 Reps 5:45p Tough it out 6:30p RIPPED	23 4p Kettlebell Complex 5:45/ 630p 10/10/10 10 reps/ 10 rounds	24 4p/ 545p/ 630p TABATA Protocol	25 4p/ 545p/ 630p Circuit Training	26	27 8a Total Body Tone 8:30a E.G.T. 9:30a RIPPED
28	29 10a Kettlebell Complex 545p Plyometric 630p RIPPED	30 545/ 630p HIIT Training	31 10a Plyometrics 545 Circuit training 630p Circuit 60			

E.G.T. Elite Group Training format developed by J. Mixson. The goal is to sculpt and tone the body while reducing any undesired body fat. The work is tough & intense at time but fair "You can do this...Simple Stuff" The Jamey!