



## TEAM TRAINING SCHEDULE

Club: Mid City Gym and Tanning

Phone: 212 757-0850

Midcitygym.com

Print Date: January 21, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:00am</b>	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
<b>7:00am</b>	"	"	"	"	"	
<b>8:00am</b>	"	<b>FIT X 60 CROSS TRAIN</b>	<b>FIT X 30 ENDURANCE</b>	<b>FIT X 60 CROSS TRAIN</b>	"	Open Gym
<b>8:30am</b>	"	"	"	"	<b>FIT X 30 ABS &amp; BUTT</b>	
<b>10:00am</b>	"	"	"	"	"	
<b>11:00am</b>	"	"	"	"	"	
<b>1:30pm</b>	<b>FIT X 60 CROSS TRAIN</b>		<b>FIT X 30 STRENGTH</b>	<b>FIT X 60 CROSS TRAIN</b>		
<b>2:00pm</b>			<b>FIT X 30 ABS &amp; BUTT</b>			<b>FIT X 60 CROSS TRAIN</b>
<b>5:30pm</b>	<b>FIT X 30 STRENGTH</b>	<b>FIT X 30 ABS &amp; BUTT</b>	<b>FIT X 30 ENDURANCE</b>	<b>FIT X 30 ABS &amp; BUTT</b>	<b>FIT X 30 STRENGTH</b>	
<b>6:00pm</b>	<b>FIT X 60 CROSS TRAIN</b>	<b>FIT X 60 LEVEL ONE</b>	<b>FIT X 60 CROSS TRAIN</b>	<b>FIT X 60 LEVEL THREE</b>	<b>FIT X 60 CROSS TRAIN</b>	
<b>7:00pm</b>	<b>FIT X 30 ABS &amp; BUTT</b>	<b>FIT X 30 ENDURANCE</b>	<b>FIT X 30 ABS &amp; BUTT</b>	<b>FIT X 30 ENDURANCE</b>	<b>FIT X 30 ABS &amp; BUTT</b>	
<b>7:30pm</b>	<b>FIT X 30 STRENGTH</b>	<b>FIT X 30 ABS &amp; BUTT</b>	<b>FIT X 30 STRENGTH</b>	<b>FIT X 30 ABS &amp; BUTT</b>	<b>FIT X 30 STRENGTH</b>	