



TEAM TRAINING SCHEDULE

Club: Mid City Gym and Tanning Phone: 212 757-0850

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	Midcitygym.com			Print Date: January 21, 2017		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Open	Open	Open	Open	Open	
	Gym	Gym	Gym	Gym	Gym	
7:00am	и	ш	и	u	"	
8:00am	и	FIT 60 CROSSTRAIN	FIT 30 ENDURANCE	FIT 60 CRESTRAIN	и	Open
						Gym
8:30am	и	ш	и	и	FIT 30 ABS &BUTT	
10:00am	и	u	u	u	u	
11:00am	u	<i>"</i>	и	ш	u	
1:30pm	FIT 60 BOSTRAIN		FIT 30 STRENGTH	FIT 60 CRESTRAIN		
2:00pm			FIT 30 ABSEBUTT			FIT 60 CROSSTRAIN
5:30pm	FIT 30 STRENGTH	FIT / 30 ABS & BUTT	FIT 30 ENDURANCE	FIT 30 APS ABUTT	FIT 30 STRENGTH	
6:00pm	FIT 60 CROSSYRAIN	FIT 60 LEVEL ONE	FIT 60 CRESTRAIN	FIT 60 LEVEL THREE	FIT 60 CROSSTRAIN	
7:00 pm	FIT 30 ABS-ABUTT	FIT 30 ENDURANCE	FIT // 30 ABS &BUTT	FIT 30 ENDURANCE	FIT 30 ABS ABUTT	
7:30pm	FIT 30 STRENGTH	FIT 30 ABSABUTT	FIT 30 STRENGTH	FIT 30 ABS ABUTT	FIT 30 STRENGTH	