



# TEAM TRAINING SCHEDULE

Club: Mid City Gym and Tanning

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Midcitygym.com

Print Date: September 17, 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am		<b>FIT X<sup>60</sup> CROSS TRAIN</b>		<b>FIT X<sup>30</sup> STRENGTH</b>	<b>FIT X<sup>60</sup> CROSS TRAIN</b>	
7:00				<b>FIT X<sup>30</sup> ENDURANCE</b>		
8:00						
9:00						
11:30	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>			<b>FIT X<sup>30</sup> ENDURANCE</b>		
1:00pm						
1:30pm	<b>FIT X<sup>30</sup> STRENGTH</b>		<b>FIT X<sup>60</sup> CROSS TRAIN</b>	<b>FIT X<sup>30</sup> STRENGTH</b>		
2:00pm	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>		<b>FIT X<sup>30</sup> ENDURANCE</b>	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>		<b>FIT X<sup>60</sup> CROSS TRAIN</b>
5:30pm	<b>FIT X<sup>30</sup> STRENGTH</b>	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>	<b>FIT X<sup>30</sup> ENDURANCE</b>	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>	<b>FIT X<sup>30</sup> STRENGTH</b>	
6:00pm	<b>FIT X<sup>60</sup> CROSS TRAIN</b>	<b>FIT X<sup>60</sup> LEVEL ONE</b>	<b>FIT X<sup>60</sup> CROSS TRAIN</b>	<b>FIT X<sup>60</sup> LEVEL THREE</b>	<b>FIT X<sup>60</sup> CROSS TRAIN</b>	
7:00pm	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>	<b>FIT X<sup>30</sup> ENDURANCE</b>	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>	<b>FIT X<sup>30</sup> ENDURANCE</b>	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>	
7:30pm	<b>FIT X<sup>30</sup> STRENGTH</b>	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>	<b>FIT X<sup>30</sup> STRENGTH</b>	<b>FIT X<sup>30</sup> ABS&amp;BUTT</b>	<b>FIT X<sup>30</sup> STRENGTH</b>	