



Team Training Program Schedule

Effective March 1st

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Afterburn
5:00 a.m.
Marketa

Gravity
5:00 a.m.
Marketa

Ind. Strength
5:00 a.m.
Marketa

Foundations
8:00 a.m.
Marketa

Ind. Strength
8:30 a.m.
TBD

Gravity
9:00 a.m.
Marketa

Afterburn
9:00 a.m.
Devoe

Afterburn
9:30 a.m.
Cyrilla

Ind. Strength
9:30 a.m.
Cyrilla

Gravity
9:30 a.m.
TBD

Foundations
10:00 a.m.
Devoe

Ind. Strength
10:00 a.m.
Marketa

Gravity
10:00 a.m.
Marketa

DAC ROM
10:30 a.m.
TBD

DAC ROM
11:00 a.m.
Marketa

Foundations
1:30 p.m.
Candice

Afterburn
5:15 p.m.
Devoe

Ind. Strength
5:15 p.m.
Devoe

Foundations
5:15 p.m.
Joel

Gravity
5:15 p.m.
Devoe

Gravity
6:15 p.m.
Devoe

Afterburn
6:15 p.m.
Devoe

Foundations
For beginner levels of fitness. An introduction to our Afterburn workout.

Afterburn
Maximize calorie burn & increase metabolic rate.

Industrial Strength
Focused on building strength.

Gravity
Using a glideboard on a cable-and-pulley system, these exercises use your body weight combined with gravity.

DAC ROM
This range of motion session is a great combination of upper and lower body focused stretches.

