Team Training Weekly Schedule New Canaan Facility



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	Sun	Mon	Tues	Wed	Thur	Fri	Sat
6 am		Metabolic	Metabolic	Metabolic	Metabolic	Strength Camp	
:15		Training	Training	Training	Training	LVL 2	
:30		6AM	_				
:45							
7 am		Metabolic	Metabolic	Metabolic	Stretch	Metabolic	
:15		Training	Training	Training	Plus	Training	
:30		7AM					
:45							
8 am							Metabolic
:15							Training
:30		Cardio Blast	Metabolic	Metabolic	Metabolic	Metabolic	
:45		LVL 2	Training	Training	Training	Training	
9 am		8:30AM					Metabolic
:15							Training
:30		Metabolic	Metabolic	Metabolic	Metabolic	StrongHer	
:45		Training	Training	Training	Training	LVL 2	
10 am		9:30AM					
:15							
:30							
:45							
11 am							
:15							
:30							
:45							
12 pm							
:15							
:30							
:45		N4 - + - 1 1'		NA:		NA -t- I	
1 pm		Metabolic		Muscle		Metabolic	
:15		Training 1:00PM		Sculpt		Training	
:30		1:00PM					
:45						 	
6 pm :15							
:30							
:45		Cardio Blast	Metabolic	Metabolic			
7 pm		LVL 2	Training	Training		 	
:15		6:45PM	6:45PM	6:45PM			
:30		ויו זעד.יי	0.73511	0.73511			
:45							
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Please check http://infinityfitnessgym.com/bootcamp-schedule/ for the latest version Updated as of 4/19/17