

Team Training Weekly Schedule

New Canaan Facility



	Sun	Mon	Tues	Wed	Thur	Fri	Sat
6 am :15 :30 :45		Metabolic Training 6AM	Metabolic Training	Metabolic Training	Metabolic Training	Strength Camp LVL 2	
7 am :15 :30 :45		Metabolic Training 7AM	Metabolic Training	Metabolic Training	Stretch Plus	Metabolic Training	
8 am :15 :30 :45		Cardio Blast LVL 2 8:30AM	Metabolic Training	Metabolic Training	Metabolic Training	Metabolic Training	Metabolic Training
9 am :15 :30 :45		Metabolic Training 9:30AM	Metabolic Training	Metabolic Training	Metabolic Training	StrongHer LVL 2	Metabolic Training
10 am :15 :30 :45							
11 am :15 :30 :45							
12 pm :15 :30 :45							
1 pm :15 :30 :45		Metabolic Training 1:00PM		Muscle Sculpt		Metabolic Training	
6 pm :15 :30 :45		Cardio Blast LVL 2 6:45PM	Metabolic Training 6:45PM	Metabolic Training 6:45PM			
7 pm :15 :30 :45							

Please check <http://infinityfitnessgym.com/bootcamp-schedule/> for the latest version
 Updated as of 4/19/17