

Team Training Weekly Schedule

Darien Facility



	Sun	Mon	Tues	Wed	Thur	Fri	Sat
6 am :15 :30 :45		BootCamp	Strength Camp	BootCamp	BootCamp	Strength Camp	
7 am :15 :30 :45		BootCamp	BootCamp	BootCamp	StrongHer	BootCamp	
8 am :15 :30 :45		BootCamp	BootCamp	BootCamp	BootCamp	BootCamp	BootCamp
9 am :15 :30 :45	Sweat and Stretch	BootCamp	BootCamp w/ Guided Stretch	StrongHer	BootCamp w/ Guided Stretch	BootCamp	BootCamp
10 am :15 :30 :45		BootCamp		BootCamp		BootCamp	
11 am :15 :30 :45							
12 PM :15 :30 :45							
1 PM :15 :30 :45		Muscle Sculpt		BootCamp		BootCamp	
2 PM :15 :30 :45							
3 PM :15 :30 :45							
4 PM :15 :30 :45							
5 PM :15 :30 :45		Cardio Blast	BootCamp	Muscle Sculpt	BootCamp		
6 PM :15 :30 :45		BootCamp			BootCamp		
7 PM :15							

Please check <http://infinityfitnessgym.com/bootcamp-schedule/> for the latest version
 Updated as of 3/15/17