

RetroFIT Training Center Class Schedule 2010 - 303-758-3138

	Monday	Tuesday	Wednesday	Thursday	Friday
6- 7am	PowerFITXT bootcamp(Noah)	Lax Fit Boot camp (Billy)	PowerFIT bootcamp(Noah)	LaxFit Boot Camp (Billy)	OPEN
7-8am	PT	OPEN	PT	OPEN	PT
8:30-9:30	PT	PT	OPEN	PT	PT
9:30-10:30	Muscle B! (Group Training)Billy	Tuff Chick Fit Boot Camp (Billy)	Muscle B! (GroupTraining)billy	Tuff Chick Fit Boot Camp (Billy)	Muscle B! (Group Training) billy
11:30-12:30	PT	PT	PT	PT	PT
12:00-1:00	PT	Lunch Break Fitness Buffet (noah)		Lunch Break Fitness Buffet (noah)	
1:30-2:30	OPEN	OPEN	OPEN	OPEN	OPEN
2:00-3:00	PT	PT	PT	PT	PT
3pm-4pm	OPEN	PT	OPEN	OPEN	OPEN
4-5pm					
5-6pm					
6-7pm					
7-8 pm	OPEN		OPEN	OPEN	OPEN

Team Sport Training will be Teams of 10-20 athletes.

Team Training and bootcamps are Either in the big room or have the potential of being in the big room.