

# COHASSET FITNESS CLUB SMALL GROUP TRAINING PROGRAM FALL

Day	Time & Session:	Location:
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>8:00 – 8:30am TABATA Amp'd</li> <li>8:30 – 9:00am Lower Burn- Buns, Balls and Bands</li> <li>9:00 – 9:45am 3.2.1 Power Shred</li> <li>9:45 -10:15am Cycle 30</li> <li>10:15 – 11:00am TRX Bootcamp</li> <li>4:30 – 5:00 Cardio Circuit</li> <li>5:45 – 6:15pm Tread N Shed</li> <li>6:15 – 6:30pm TABATA Abs</li> <li>6:30 – 7:00pm TRX Strength</li> <li>7:00 – 8:00pm Box N' Burn</li> </ul>	Cardio Area Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Small Group/Boxing Studio Nautilus Area Cardio Area Nautilus Area Small Group/Boxing Studio Small Group/Boxing Studio
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>8:00 -8:30am Tread N' Shed</li> <li>8:30 -9:00am Cycle</li> <li>9:00 -9:30am Upper Burn</li> <li>9:30 – 10:00am Insanity</li> <li>10:00 – 10:15am Insanity Core</li> <li>10:15 – 10:45am Athletic Stretch</li> <li>10:45 -11:15pm Cardio Circuit</li> <li>6:00 – 6:30pm PiYo Barre</li> <li>6:30 – 7:00pm Insanity</li> <li>7:00 – 7:15pm Insanity Core</li> </ul>	Cardio Area Cycle Studio (3 <sup>rd</sup> Floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Nautilus Area Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor)
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>8:00 – 8:30am TABATA Amp'd</li> <li>8:30 – 9:00am Tread N'Shed</li> <li>9:00 – 10:00am P90X LIVE!</li> <li>10:00 – 10:45am Yoga Restore</li> <li>4:30 – 5:00 TABATA Amp'd</li> <li>5:45 – 6:15pm Tread N Shed</li> <li>6:15 – 6:30pm TABATA Abs</li> <li>6:30 – 7:00pm Cycle 30</li> <li>7:00 – 8:00pm Box N' Burn</li> </ul>	Cardio Area Cardio Area Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Cardio Area Cardio Area Nautilus Area Cycle Studio (3 <sup>rd</sup> floor) Small Group/Boxing Studio
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>8:00 -8:30am Tread N' Shed</li> <li>8:30 -9:00am Cycle</li> <li>9:00 -9:30am Lower Burn- Buns, Balls and Bands!</li> <li>9:30 – 10:15am Insanity MAX</li> <li>10:15 – 10:30am Insanity Core</li> <li>10:30 – 11:00am Athletic Stretch</li> <li>10:45 -11:15pm Cardio Circuit</li> <li>6:10 – 6:30pm TABATA Abs</li> <li>6:30 – 7:00pm Insanity</li> <li>7:00 – 7:15pm Insanity Core</li> </ul>	Cardio Area Cycle Studio (3 <sup>rd</sup> Floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Nautilus Area Nautilus Area Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor)
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>8:30 9:00am TABATA Amp'd</li> <li>9:00 – 9:45 am P90X Live! (legs, upper &amp; abs)</li> <li>9:45 – 10:15am Cycle 30</li> <li>10:15 – 11:00am Box N' Burn!</li> </ul>	Cardio Area Main Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Small Group Studio
<b>SATURDAY &amp; SUNDAY</b>	<ul style="list-style-type: none"> <li>8:00 – 8:30am PiYo Barre</li> <li>8:30 – 9:00am Upper Burn</li> <li>9:00 - 9:40am Insanity MAX</li> <li>9:40 – 9:55am Insanity Core</li> <li>9:30-10:00am Cycle 30</li> <li>10:00 – 10:30 Cycle 30</li> <li>10:10 – 11:00am P90X Live (SUNDAY)</li> <li>11:00 – 11:30 Restorative Yoga (SUNDAY)</li> </ul>	Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor)