

LARGE GROUP TRAINING (LGT) SCHEDULE



SOUL SPA
Treat, Pamper, Spoil

FOCUS FITNESS
Catering to a Select Few

GARDEN STATE SPINE & PAIN INSTITUTE, LLC
The Doctors You've Been Aching For®

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM							
6:30 AM							
7:00 AM		Total Body		Sculpt and Burn			
8:00 AM							
9:00 AM		Sculpt and Burn		Total Body		Fat Blast	
9:30 AM		Upper Body BLITZ	Butts and Gutts	Core and More	Sculpt and Burn	Recover and Restore	
10:00 AM	Adrenaline Express				Lower Body		
10:30 AM	Core and More						
11:00 AM							
11:30 AM							
12:00 PM		Fat Blast	Total Body	Boot Camp	Core and More	Butts and Gutts	
12:30 PM			Core and More		Upper Body Blitz		
5:00 PM							
5:30 PM			Sculpt and Burn		Core and More		
6:00:00 PM			Upper Body Blitz		Sculpt and Burn		
6:30 PM			Core and More				
7:00 PM							
7:30 PM							

GROUP EXERCISE SCHEDULE



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Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM							
6:30 AM							
7:00 AM							
8:00 AM			PILATES MAT		ZUMBA		
8:30 AM							
9:00 AM	PILATES MAT	SCULPT FOCUS	PILATES MAT	SPIN	PILATES MAT	SCULPT FOCUS	YOGA
9:30 AM							
10:00 AM			CARDIO KICKBOX	PLYOGA	ADRENALINE	YOGA	CARDIO KICKBOX
10:30 AM							
11:00 AM				ZUMBA		ZUMBA	ZUMBA
12:00 PM							
12:30 PM							
5:00 PM			ZUMBA		PILATES MAT		
5:30 PM		SOUL WEIGHTS				YOGA	
6:00:00 PM				PILATES MAT			
6:30 PM		YOGA		BOOTCAMP	SPIN		
7:00 PM						SPIN	
7:30 PM							