

CORE PRINCIPLES

— STRENGTH & CONDITIONING —

SUPERHERO SEMI-PRIVATE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		6:00 am		6:00 am	
7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
7:30 am	7:30 am	7:30 am	7:30 am	7:30 am	9:00 am
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
12:15 pm	12:15 pm	12:15 pm	12:15 pm	12:15 pm	
5:30 pm	5:30 pm	5:30 pm	5:30 pm		

SUPERHERO GROUP PERSONAL TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am		6:00 am		
					8:00 am
6:30 PM		6:30 pm	6:30 pm		