

**SAN DIEGO PREMIER TRAINING GROUP SCHEDULE**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Weekend</u>
<b>Morning</b>	6:00:00 AM Shift Fusion (DS)	6:00 AM Muscle Madness (JL)	6:00 AM Shift Fusion (DS)	6:00 AM Muscle Madness (JL)	6:00 AM Shift Fusion (DS)	
			6:30 AM FIIT Wake Up (CB)		6:30 AM FIIT Wake Up (CB)	
	8:00 AM Total Metabolic Training (MD)	9:30 AM Total Metabolic Training (PC)	7:15 AM Total Metabolic Training (MD)	9:30 AM Total Metabolic Training (PC)	8:00 AM Total Metabolic Training (MD)	8:00 AM <b>SATURDAY</b> <u>Moonlight Beach</u> Bootcamp
	9:30 AM Shift Fusion (DS)	10:30 AM Shift Circuit (DS)	9:30 AM Shift Circuit (DS)	10:30 Am Shift Circuit (DS)	8:45 AM Kettle Bell Boot Camp (JL)	9:00 AM <b>SUNDAY</b> <i>SGX Obstacle Course</i>
<b>Afternoon</b>	12:00 PM Shift Circuit (DS)	12:00 PM Shift Circuit (DS)	12:00 PM Shift Circuit (DS)	12:00 PM Shift Circuit (DS)	12:00 PM Shift Circuit (DS)	
	2:30 PM Total Metabolic Training (KS)		2:30 PM Total Metabolic Training (MD)		2:30 PM Total Metabolic Training (NA)	
	4:30 PM Total Metabolic Training (MD)	4:30 PM Total Metabolic Training (ED)	4:30 PM Total Metabolic Training (NA)	4:30 PM Total Metabolic Training (ED)		
<b>Evening</b>	5:15 PM Shift Fusion (DS)		5:15 PM Shift Fusion (DS)	5:30 PM Total Metabolic Training (ED)		
	6:00 PM FIIT Happy Hour (CB)		6:00 PM Total Metabolic Training (NA)			

