

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM Bootcamp *Exclusive to Challenge Participants	10:00am – 12:00pm Weight Management Consults	5:00pm Functional Group Fitness	6:00pm-8:00pm Weight Management Consults	6:00pm-8:00pm Weight Management Consults	9:00am Functional Group Fitness	