



iInspire

Fitness Training

Winter Schedule January – March 2012

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|------------|-----------|------------|----------|--------|----------|
| 6:00 AM | | ENDURANCE | | SPEED | CORE | |
| 11:00 AM | TRX | | KETTLEBELL | | | FUSION |
| 12:00 PM | | | | | | BOXING |
| 6:00 PM | | | | POWER | | |
| 7:05 PM | KETTLEBELL | STRENGTH | TRX | | | |
| 8:10 PM | BOXING | TRX | KETTLEBELL | BOXING | | |

VYGORFITNESS.COM

