

TWIN CREEKS GROUP FITNESS



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
8:30am	Lift		Balance, Strength, & Core			
8:45am				Hatha Yoga		
9:00am		Hatha Yoga				
9:30am					HIIT	Yoga - 75 mins <u>Saturday</u>
10:15am		Strength Training	Pilates	Strong Foundations		
12:00pm	Yoga Conditioning					
5:00pm						Yoga <u>Sunday</u>
6:00pm	Power Hour		Power Hour & Yoga			

PREMIER SMALL GROUP TRAINING

Sessions start at the top of each hour and last 1 hour | \$200/mo

6:00am						
7:00am	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	
8:00am						
9:00am	6AM - 10AM		6AM - 10AM		6AM - 10AM	
10:00am						