

"CHANGING LIVES SINCE 2010"

BODY FORCE

TRAINING  FACILITY

SEMI-PRIVATE TRAINING SCHEDULE

MONDAY	5:30AM, 6:30 AM, 7:30 AM, 8:30 AM, 4:00 PM, 5:00 PM, 6:00 PM, 7:00 PM
TUESDAY	6:00 AM, 8:00 AM, 9:00 AM, 4:00 PM, 5:00 PM, 7:00 PM
WEDNESDAY	5:30AM, 6:30 AM, 7:30 AM, 8:30 AM, 4:00 PM, 5:00 PM, 6:00 PM, 7:00 PM
THURSDAY	6:00 AM, 8:00 AM, 9:00 AM, 4:00 PM, 5:00 PM, 7:00 PM
FRIDAY	5:30AM, 6:30 AM, 7:30 AM, 8:30 AM, 3:00 PM, 4:00 PM, 5:00 PM, 6:00 PM
SATURDAY	7:00 AM, 9:00 AM