

"CHANGING LIVES SINCE 2010"

BODY FORCE

TRAINING  FACILITY

TEAM TRAINING SCHEDULE

MONDAY	INDUSTRIAL STRENGTH:	6:15 AM, 5:00 PM, 6:15 PM
TUESDAY	AFTERBURN:	7:00 AM, 5:00 PM, 6:15 PM
WEDNESDAY	AFTERBURN:	6:15 AM, 5:00 PM, 6:15 PM
THURSDAY	INDUSTRIAL STRENGTH:	7:00 AM, 5:00 PM, 6:15 PM
FRIDAY	INDUSTRIAL STRENGTH:	6:15 AM, 5:00 PM
SATURDAY	AFTERBURN:	8:00 AM, 10:00 AM