

# SMALL GROUP TRAINING

EFFECTIVE MARCH 1, 2023

## MONDAY:

**6:00am**

BURN: Jackie E

**9:00am**

FOUNDATION: Cody C

**6:00pm:**

STRENGTH: Carlos RV

## TUESDAY:

**5:00am**

RECOVERY: Jackie E

**6:00am**

STRENGTH: Jen F

**9:00am**

BURN: Brian G

**6:00pm:**

BURN: Cody C

## WEDNESDAY:

**6:00am**

FOUNDATION: Brian G

**9:00am**

STRENGTH: Jackie E

**6:00pm**

STRENGTH: Kyle A

## THURSDAY:

**6:00am**

STRENGTH: Jen F

**9:00am**

BURN: Brian G

**6:00pm**

BURN: Cody C

## FRIDAY:

**9:00am:**

STRENGTH: Aris M

**5:00pm:**

FOUNDATION: Kyle A

## SATURDAY:

**7:30am:**

STRENGTH: Cody C

**9:00am:**

BURN: Kyle A

## SUNDAY:

**8:00am**

FOUNDATION: Carlos RV

**9:00am:**

RECOVERY: Brian G



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