

# SMALL GROUP TRAINING

EFFECTIVE JUNE 2025

## **MONDAY:**

**6:00am**

BURN: Mike H

**9:00am**

FOUNDATION: Garret H

**6:00pm:**

STRENGTH: Hannah J

## **TUESDAY:**

**6:00am**

STRENGTH: Jen F

**9:00am**

BURN: Shane S

**5:00pm**

FOUNDATION: Hannah J

**6:00pm:**

BURN: Garret H

## **WEDNESDAY:**

**6:00am**

FOUNDATION: Shane S

**9:00am**

STRENGTH: Mike H

**6:00pm**

STRENGTH: Kyle A

## **THURSDAY:**

**6:00am**

STRENGTH: Jen F

**9:00am**

BURN: Aris M

**6:00pm**

BURN: Garret H

## **FRIDAY:**

**6:00am:**

FOUNDATION: Shane S

**9:00am:**

STRENGTH: Aris M

**5:00pm:**

FOUNDATION: Kyle A

## **SATURDAY:**

**7:30am:**

STRENGTH: Kyle A

**9:30am:**

BURN: Shane S

## **SUNDAY:**

**8:00am**

FOUNDATION: Garret H

**9:00am:**

RECOVERY: Hannah J

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