



Training Schedule

Weekdays

Monday

5:30am - Full Body Workout w/ Jorge
6:30am - Full Body Workout w/ Jorge
7:30am - Full Body Workout w/ Jorge
9:00am - Full Body Workout w/ Amy
5:15pm - Full Body Workout w/ Amy
6:30pm - Full Body Workout w/ Amy
7:45pm - Full Body Workout w/ Amy

Wednesday

5:30am - Full Body Workout w/ Jorge
6:30am - Full Body Workout w/ Jorge
7:30am - Full Body Workout w/ Jorge
9:00am - Full Body Workout w/ Amy
5:15pm - Full Body Workout w/ Jorge
6:30pm - Full Body Workout w/ Jorge
7:45pm - Full Body Workout w/ Jorge

Friday

5:30am - Full Body Workout w/ Jorge
6:30am - Full Body Workout w/ Jorge
7:30am - Full Body Workout w/ Jorge
9:00am - Full Body Workout w/ Amy
5:15pm - Full Body Workout w/ Amy
6:30pm - Full Body Workout w/ Amy

Tuesday

5:30am - Full Body Workout w/ Jorge
6:30am - Full Body Workout w/ Jorge
4:15pm - Abs, Core, Cardio w/ Amy
5:15pm - Full Body Workout w/ Jorge
6:30pm - Full Body Workout w/ Jorge
7:45pm - Full Body Workout w/ Jorge

Thursday

5:30am - Full Body Workout w/ Sarah
6:30am - Full Body Workout w/ Sarah
4:15pm - Abs, Core, Cardio w/ Sarah
5:15pm - Full Body Workout w/ Sarah
6:30pm - Full Body Workout w/ Sarah
7:45pm - Full Body Workout w/ Sarah

Sign-In

Sign-in ahead online at mindbody.io or use the Mind Body App on [iOS](#) or [Android](#)

Weekends

Trainers alternate weekends

Saturday

8:15am - Full Body Workout
9:30am - Full Body Workout
10:45am - Full Body Workout

Sunday

8:30am - Full Body Workout
9:45am - Full Body Workout

