



**Challenge Fitness**  
Group Personal Training



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

#### Tuesday

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

#### Thursday

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

#### Sign-In

Sign-in ahead online at [mindbody.io](http://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

