



# ARE YOU IN THE ZONE?

## FLEXIBLE SCHEDULE OPTIONS\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <small>UPPER</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>CORE</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>LEGS</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	
8:15AM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <small>UPPER</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>CORE</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>LEGS</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	
9:30AM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <small>UPPER</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>CORE</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>LEGS</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <small>FORCE</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>
12:00PM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <small>UPPER</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>CORE</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>LEGS</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	
5:30PM	<small>TOTAL BODY WORKOUT</small> <b>METCON</b> <small>GROUP EXCLUSIVE TRAINING</small>	<b>HIIT</b> <small>UPPER</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>CORE</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>	<b>HIIT</b> <small>LEGS</small> <small>HIGH INTENSITY INTERVAL TRAINING</small>		

\*Subject to change upon notice.

For more information, contact a Zone4 Coach or visit the Front Desk!

