



## Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM to 6:00 AM <b>Small Group Training</b>	5:00 AM to 6:00 AM <b>Small Group Training</b>	5:00 AM to 6:00 AM <b>Small Group Training</b>	5:00 AM to 6:00 AM <b>Small Group Training</b>	5:00 AM to 6:00 AM <b>Small Group Training</b>	
6:00 AM to 7:00 AM <b>Small Group Training</b>	6:00 AM to 7:00 AM <b>Small Group Training</b>	6:00 AM to 7:00 AM <b>Small Group Training</b>	6:00 AM to 7:00 AM <b>Small Group Training</b>	6:00 AM to 7:00 AM <b>Small Group Training</b>	
	7:00 AM to 8:00 AM <b>Small Group Training</b>		7:00 AM to 8:00 AM <b>Small Group Training</b>		
					8:00 AM to 9:00 AM <b>Butts n' Gutts</b>
9:00 AM to 10:00 AM <b>Small Group Training</b>	9:00 AM to 10:00 AM <b>Small Group Training</b>	9:00 AM to 10:00 AM <b>Small Group Training</b>	9:00 AM to 10:00 AM <b>Small Group Training</b>	9:00 AM to 10:00 AM <b>Small Group Training</b>	9:00 AM to 10:00 AM <b>Small Group Training</b>
10:00 AM to 11:00 AM <b>Small Group Training</b>		10:00 AM to 11:00 AM <b>Small Group Training</b>			
5:00 PM to 6:00 PM <b>Small Group Training</b>	5:00 PM to 6:00 PM <b>Small Group Training</b>	5:00 PM to 6:00 PM <b>Small Group Training</b>	5:00 PM to 6:00 PM <b>Small Group Training</b>	5:00 PM to 6:00 PM <b>Small Group Training</b>	
6:00 PM to 7:00 PM <b>Small Group Training</b>	6:00 PM to 7:00 PM <b>Small Group Training</b>	6:00 PM to 7:00 PM <b>Small Group Training</b>	6:00 PM to 7:00 PM <b>Small Group Training</b>	6:00 PM to 7:00 PM <b>Small Group Training</b>	
7:00 PM to 8:00 PM <b>Small Group Training</b>	7:00 PM to 8:00 PM <b>Small Group Training</b>	7:00 PM to 8:00 PM <b>Small Group Training</b>	7:00 PM to 8:00 PM <b>Small Group Training</b>	7:00 PM to 8:00 PM <b>Small Group Training</b>	

**GREEN:** Small Group Personal Training Members | **PURPLE:** Specialty Classes

Contact: CALL 617-770-1115 TEXT 617-860-2609 or EMAIL [lifefcstaff@gmail.com](mailto:lifefcstaff@gmail.com)

Address: 1400 Hancock Street Quincy, MA 02169

Website: [www.lifefcquincy.com](http://www.lifefcquincy.com) | Mobile App on any AppStore: ClubReady Members

**Book classes in advance on the website (under member login) or on the ClubReady Members app to secure your spot.**

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