



Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM to 6AM REGULAR SGPT	5AM to 6AM REGULAR SGPT	5AM to 6AM REGULAR SGPT	5AM to 6AM REGULAR SGPT	5AM to 6AM REGULAR SGPT		
6AM TO 7AM REGULAR BOOT CAMP	6AM TO 7AM REGULAR SGPT	6AM TO 7AM REGULAR BOOT CAMP	6AM TO 7AM REGULAR SGPT	6AM TO 7AM REGULAR SGPT		
7AM TO 8AM REGULAR SGPT	7AM TO 8AM REGULAR SGPT	7AM TO 8AM REGULAR SGPT	7AM TO 8AM REGULAR SGPT	7AM TO 8AM REGULAR SGPT		
8AM TO 9AM SPECIAL BOXING		8AM TO 9AM SPECIAL BOXING			8AM TO 9AM BUTTS & GUTTS SGPT	
9AM TO 10AM REGULAR SGPT	9AM TO 10AM REGULAR SGPT	9AM TO 10AM REGULAR SGPT	9AM TO 10AM REGULAR SGPT	9AM TO 10AM REGULAR SGPT	9AM TO 10AM BUTTS & GUTTS SGPT	11AM TO 12PM SPECIAL SELF DEFENSE
	11AM TO 12PM SPECIAL LOW IMPACT		11AM TO 12PM SPECIAL LOW IMPACT		10AM TO 11AM SPECIAL BOXING	12PM TO 1PM SPECIAL YOGA
4PM TO 5PM REGULAR SGPT	4PM TO 5PM REGULAR SGPT	4PM TO 5PM REGULAR SGPT	4PM TO 5PM REGULAR SGPT	4PM TO 5PM REGULAR SGPT		
5PM TO 6PM REGULAR SGPT	5PM TO 6PM REGULAR SGPT	5PM TO 6PM REGULAR SGPT	5PM TO 6PM REGULAR SGPT	5PM TO 6PM REGULAR SGPT		
6PM TO 7PM REGULAR SGPT	6PM TO 7PM SPECIAL BOXING	6PM TO 7PM REGULAR SGPT	6PM TO 7PM SPECIAL STEP HIP HOP	6PM TO 7PM SPECIAL SGPT		
7PM TO 8PM REGULAR SGPT	7PM TO 8PM REGULAR SGPT	7PM TO 8PM REGULAR SGPT	7PM TO 8PM REGULAR SGPT	7PM TO 8PM REGULAR SGPT		

Contact: CALL 617-770 1115 TEXT 617-860 2609 or EMAIL lifehfcstaff@gmail.com

Address: 1400 Hancock Street, Quincy, MA, 02169

Website: www.lifehfcquincy.com / Mobile App on any AppStore: ClubReady Members

Follow us on Facebook at LIFE Health & Fitness Center and Instagram @lifehfcquincy

SGPT = Small Group Personal Training - 1400 Hancock St - Quincy , 02169

BOOT CAMP = FAXON FIELD - 34 Coddington St , Quincy, 02169