

# Team Training Weekly Schedule

## New Canaan Facility



	Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>6 am</b> :15 :30 :45		Metabolic Training 6AM	Metabolic Training	Metabolic Training	Metabolic Training	Strength Camp LVL 2	
<b>7 am</b> :15 :30 :45		Metabolic Training 7AM	Metabolic Training	Metabolic Training	Stretch Plus	Metabolic Training	
<b>8 am</b> :15 :30 :45		Cardio Blast LVL 2 8:30AM	Metabolic Training	Metabolic Training	Metabolic Training	Metabolic Training	Metabolic Training
<b>9 am</b> :15 :30 :45		Metabolic Training 9:30AM	Metabolic Training	Metabolic Training	Metabolic Training	StrongHer LVL 2	Metabolic Training
<b>10 am</b> :15 :30 :45							
<b>11 am</b> :15 :30 :45							
<b>12 pm</b> :15 :30 :45							
<b>1 pm</b> :15 :30 :45		Metabolic Training 1:00PM		Muscle Sculpt		Metabolic Training	
<b>6 pm</b> :15 :30 :45		Cardio Blast LVL 2 6:45PM	Metabolic Training 6:45PM	Metabolic Training 6:45PM			
<b>7 pm</b> :15 :30 :45							

Please check <http://infinityfitnessgym.com/bootcamp-schedule/> for the latest version  
 Updated as of 4/19/17