



# Workout Schedule/2015

602-423-4331  
 5018 S. Price Rd.  
 Tempe, AZ 85282  
 www.fitnessfusionaz.com

	Mon	Tues	Wed	Thurs	Fri	Sat
6:45 - 7:45AM		TBT L 1-2-3		TBT L 1-2-3		
8:00AM						
8:30AM		TBT L 1-2-3		TBT L 1-2-3		
9:00 AM						Circuit
9:30AM	TBT L 1-2-3		TBT L 1-2-3		TBT L 1-2-3	
10:00 AM						
10:30AM		Personal Training		Personal Training		
11:30AM	TBT L 1-2-3		TBT L 1-2-3		TBT L 1-2-3	Personal Training
12:30PM						
3:30PM		TBT L 1-2		TBT L 1-2-3		
4:00PM	TBT L 1-2	TBT L 1-2	TBT L 1-2		TBT L 1-2	
4:30PM	TBT L 1-2	TBT L 1-2-3	TBT L 1-2	TBT L 1-2	TBT L 1-2	
5:00PM	TBT L 2-3		TBT L 2-3		TBT L 1-2-3	
5:30PM		TBT L 1-2-3		TBT L 1-2-3		TBT L 1-2-3
6:00PM		Yogalates		Yogalates		
6:30PM	TBT L 1-2-3		TBT L 1-2	Men's Challenge	TBT L 1-2	
7:00PM		Yogalates		Yogalates		
7:30PM		Yoga		Yoga		
8:00PM						

TBT = Total Body Transformation Workout

L1 = Learner L2 = Intermediate, L3 = Experienced

v. 20150201

You don't have to be great to start  
 but  
 You have to start to be great!

