UNITED
MEDICAL FITNESS

KINESIOLOGIST LED FUNCTIONAL STRENGTH TRAINING

GROUP TRAINING WEEKLY SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN
6:30-7:15 AM Jesus	**6:30-7:15 AM** Danica	**6:30-7:15 AM** Jesus	**6:30-7:15 AM** Danica	**6:30-7:15 AM** Jesus	**8:00-8:45 AM** Danica	
					10:30-11:15 AM Danica	
9:30-10:15 AM Jesus	**9:30-10:15 AM** Danica	**9:30-10:15 AM** Jesus	**9:30-10:15 AM** Danica	**9:30-10:15 AM** Jesus		
	12:30-1:15 PM Danica		**12:30-1:15 PM** Danica			
12:30-1:15 PM Jesus		**12:30-1:15 PM** Jesus		**12:30-1:15 PM** Jesus		**CLOSED**
	5:15-6:00 PM Jesus		**5:15-6:00 PM** Jesus			