Group Exercise Schedule: Downers Grove

March 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM			Cycling/Yoga 6:00 AM w/ Denise			
7:00 AM					Barbell Strength 7:30 AM w/ Amy	
8:00 AM	Circuit Mania 8:30 AM w/ Amy	Tabata 8:30 AM w/ Amy	Cycling 8:30 AM w/ Denise		Interval Challenge 8:30 AM w/ Amy	
9:00 AM	Combat 9:30 AM w/ Amy	Cardio Intervals 9:30 AM w/ Amy	Yogalates 9:30 AM w/ Denise			March 3, 10 & 31 Total Chisel 9:45-10: 30 AM w/ Amy
10:00 AM			Combat 10:30 AM w/ Amy			
4:00 PM		Low Impact Step Strength Interval 4:30 PM w/ Denise		Core Flow 4:30 PM w/ Denise		
5:00 PM	Cycling 5:00 PM w/ Denise	Cycling 5:30 PM w/ Denise				
6:00 PM	Yogalates 6:00 PM w/ Denise	Strength 6:15 PM w/ Denise	March 14 & 28 Boot Camp 6:00-6:45 PM w/ Anne	Boot Camp 6:00-6:30 PM w/ Big Mike		
7:00 PM		PiYo 7:00 PM w/ Denise				

ATI Fitness Center - Downers Grove
939 Burlington Ave | Downers Grove, IL 60515
630-964-3488 • ATIpt.com/Fitness

© 2018 ATI Holdings, LLC and its subsidiaries. All rights reserved.

ATI FITNESS CENTER