

# CALI-FIT

BOOK A CLASS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Upper Body	Legs & Core	Full Body	Upper Body	Legs & Core	
6:15am	Upper Body	Legs & Core	Full Body	Upper Body	Legs & Core	
9:30am						Full Body
10:30am						Skills
4:00pm	Upper Body	Legs & Core	Full Body	Upper Body	Legs & Core	
5:00pm	Upper Body	Legs & Core	Full Body	Upper Body	Legs & Core	
6:00pm	Upper Body	Legs & Core	Mobility	Upper Body	Legs & Core	

BODYWEIGHT TRAINING FOR EVERY BODY

