

Small Group Training Schedule

Updated:6/20/2022

Note: Schedule is subject to change based on attendance but notice will be given ahead of time.

All sessions are maxed out at 12 participants.

Monday
5-550 AM
6-650 AM
330-420 PM
430-520 PM
530-620 PM

Tuesday
5-550 AM
6-650 AM
7-750 AM
330-420 PM
430-520 PM
530-620 PM

Wednesday
5-550 AM
9-950 AM
330-420 PM
430-520 PM
530-620 PM

Thursday
5-550 AM
6-650 AM
7-750 AM
330-420 PM
430-520 PM
530-620 PM

Friday
5-550 AM
9-950 AM

Saturday
7-750 AM
830-920 AM