



Group Training Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|---|---------------------------------------|---|---------------------------------------|--|
| 5AM to 6AM REGULAR SGPT | 5AM to 6AM REGULAR SGPT | 5AM to 6AM REGULAR SGPT | 5AM to 6AM REGULAR SGPT | 5AM to 6AM REGULAR SGPT | |
| 6AM TO 7AM SPECIAL BOOT CAMP | 6AM TO 7AM REGULAR SGPT | 6AM TO 7AM SPECIAL BOOT CAMP | 6AM TO 7AM REGULAR SGPT | 6AM TO 7AM REGULAR SGPT | |
| 7AM TO 8AM REGULAR SGPT | 7AM TO 8AM REGULAR SGPT | 7AM TO 8AM REGULAR SGPT | 7AM TO 8AM REGULAR SGPT | 7AM TO 8AM REGULAR SGPT | |
| 8AM TO 9AM SPECIAL BOXING | 8AM TO 9AM SPECIAL C KICKBOXING | 8AM TO 9AM SPECIAL BOXING | 8AM TO 9AM SPECIAL C KICKBOXING | | 8AM TO 9AM BOOT CAMP SGPT |
| 9AM TO 10AM REGULAR SGPT | 9AM TO 10AM REGULAR SGPT | 9AM TO 10AM REGULAR SGPT | 9AM TO 10AM REGULAR SGPT | 9AM TO 10AM REGULAR SGPT | 9AM TO 10AM BUTTS & GUTTS SGPT |
| 11AM TO 12PM SPECIAL SENIOR FIT | 11AM TO 12PM SPECIAL T B A | 11AM TO 12PM SPECIAL SENIOR FIT | 11AM TO 12PM SPECIAL T B A | 11AM TO 12PM SPECIAL SENIOR FIT | 10AM TO 11AM SPECIAL BOXING |
| | | | | | 11AM TO 12PM REGULAR CARDIO HIIT |
| | 3PM TO 4PM SPECIAL H.S. ATHLETIC | | 3PM TO 4PM SPECIAL H.S. ATHLETIC | | |
| 4PM TO 5PM REGULAR SGPT | 4PM TO 5PM REGULAR SGPT | 4PM TO 5PM REGULAR SGPT | 4PM TO 5PM REGULAR SGPT | 4PM TO 5PM REGULAR SGPT | |
| 5PM TO 6PM REGULAR SGPT | 5PM TO 6PM REGULAR SGPT | 5PM TO 6PM REGULAR SGPT | 5PM TO 6PM REGULAR SGPT | 5PM TO 6PM REGULAR SGPT | |
| 6PM TO 7PM SPECIAL BOOT CAMP | 6PM TO 7PM SPECIAL CROSS TRAINING | 6PM TO 7PM SPECIAL BOOT CAMP | 6PM TO 7PM SPECIAL CROSS TRAINING | 6PM TO 7PM SPECIAL SGPT | |
| 7PM TO 8PM REGULAR SGPT | 7PM TO 8PM REGULAR SGPT | 7PM TO 8PM REGULAR SGPT | 7PM TO 8PM SGPT REGULAR | 7PM TO 8PM REGULAR SGPT | |
| 8PM TO 9PM SPECIAL BOXING | | 8PM TO 9PM SPECIAL BOXING | | | |

Contact: CALL 617-770 1115 | EMAIL: lifefestaff@gmail.com

Address: 1400 Hancock Street, Quincy, MA, 02169

Website: www.lifefcquincy.com / Mobile App on any AppStore: ClubReady Members

Follow us on Facebook at LIFE Health & Fitness Center and Instagram @lifefcquincy

SGPT = Small Group Personal Training - 1400 Hancock St - Quincy , 02169

BOOT CAMP = FAXON FIELD - 34 Coddington St , Quincy, 02169