



FUTURE OF FITNESS

WEEKLY SGT SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
5:00AM	SGT		SGT		SGT	
5:30 AM	SGT		SGT		SGT	
6:00 AM	SGT	SGT	SGT	SGT	SGT	
6:30 AM	SGT	SGT	SGT	SGT	SGT	
7:00 AM	SGT	SGT	SGT	SGT	SGT	
7:30 AM	SGT	SGT	SGT	SGT	SGT	
8:00 AM	SGT	SGT	SGT	SGT	SGT	SGT
8:30 AM	SGT	SGT	SGT	SGT	SGT	
9:00 AM	SGT	SGT	SGT	SGT	SGT	SGT
9:30 AM	SGT	SGT	SGT	SGT	SGT	
10:00 AM	SGT	SGT	SGT	SGT	SGT	SGT
11:00 AM	SGT	SGT	SGT	SGT	SGT	
12:00 PM	SGT	SGT	SGT	SGT	SGT	
CLOSED						
4:00 PM	SGT	SGT	SGT	SGT		
4:30 PM	SGT	SGT	SGT	SGT		
5:00 PM	SGT	SGT	SGT	SGT		
5:30 PM	SGT	SGT	SGT	SGT		
6:00 PM	SGT	SGT	SGT	SGT		

*You must sign up for class prior to start time through our FoF App,
Semi-Private appts must sign up with trainer for every hour on the hour appointments.*