



FITNESS

WEEKLY SCHEDULE

FIRST CLASS IS FREE
CLAIM IT ONLINE AT
WWW.OGFITNESSFL.COM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM	STRENGTH & MOBILITY FULL BODY	STRENGTH & MOBILITY LOWER BODY	STRENGTH & MOBILITY FULL BODY	STRENGTH & MOBILITY UPPER BODY	STRENGTH & MOBILITY FULL BODY		
7:15 AM	GLUTE GAINS		GLUTE GAINS			8:00 AM HIIT	
9:00 AM	ACTIVE OG'S	STRENGTH & MOBILITY	ACTIVE OG'S	STRENGTH & MOBILITY	ACTIVE OG'S	SATURDAY STRENGTH	CORE & MORE
10:00 AM						OPEN GYM 10 AM - 12PM	OPEN GYM 10 AM - 12PM
11-4 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
5:00 PM							
5:30 PM		HIIT		HIIT			
6:00 PM	MAKING MUSCLES MASTERCLASS UB		MAKING MUSCLES MASTERCLASS LB				BOOKING SITE
6:30 PM		CIRCUIT STRENGTH		CIRCUIT STRENGTH			
7:00 PM	GLUTE GAINS		CORE & MORE				
7:30 PM		MAKING MUSCLES MASTERCLASS		MAKING MUSCLES MASTERCLASS			

