

# FITNESS SCHEDULE

Sonny Montgomery Fitness Center

## *Monday*

*0915: TRX HIIT WITH KRISTEN*

*1100: STRENGTH TRAINING WITH TANISHA*

*1600: HIIT WITH TANISHA*

## *Tuesday*

*0915: UPPER BODY & CORE WITH JENNI*

*1100: STRENGTH TRAINING WITH TANISHA*

*1600: STRENGTH TRAINING WITH TANISHA*

*1630: YOGA WITH RYAN*

## *Wednesday*

*0915: HIIT WITH TANISHA*

*1100: STRENGTH TRAINING WITH TANISHA*

*1200: YOGA WITH RYAN*

*1600: HIIT WITH TANISHA*

## *Thursday*

*0915: LOWER BODY & CORE WITH JENNI*

*1100: STRENGTH TRAINING WITH TANISHA*

*1600: STRENGTH TRAINING WITH TANISHA*

## *Friday*

*0915: FITT FRIDAYS WITH KRISTEN*

*1100: HIIT WITH TANISHA*