



**STRONGER  
TOGETHER**

## Alloy Schedule

**Monday Foundations**

**Morning**

5:00 AM	Josh
6:30 AM	Raul
8:30 AM	Raul

**Evening**

5:30 PM Jessica

**Tuesday Group Training 1**

**Morning**

6:30 AM	Jennifer
8:30 AM	Tito
9:30 AM	Josh

**Evening**

5:30 PM Normi

**Wednesday Strength**

**Morning**

5:00 AM	Josh
6:30 AM	Raul
8:30 AM	Raul

**Evening**

5:30 PM Normi

**Thursday Group Training 2**

**Morning**

6:30 AM	Jennifer
8:30 AM	Tito

**Evening**

5:30 PM Jessica

**Friday Afterburn**

**Morning**

5:00 AM	Josh
6:30 AM	Raul
8:30 AM	Raul

**Evening**

5:30 PM Andrew/Tito

**Saturday Group Training 3**

9:00 AM Jennifer/Josh

**Try your first class NOW!**