










CITY TECH



GROUP FITNESS SCHEDULE

FALL 2022

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
CIRCUIT TRAINING Phase 1 11:00 – 1:00	CROSS FIT TRAINING Phase 2 11:00 -1:00	ABS FOR EVERYONE 11:00 – 1:00	CIRCUIT TRAINING Phase 1 11:00 – 1:00	
CROSS FIT TRAINING Phase 1 1:00 – 2:00	CIRCUIT TRAINING Phase 1 1:00 – 2:00	TRX 10 FOR EVERYONE 1:00 – 3:00	CIRCUIT TRAINING Phase 1 1:00 – 2:00	
CROSS FIT TRAINING Phase 2 2:00 – 3:00	CIRCUIT TRAINING Phase 1 2:00 – 3:00	MARTIAL ARTS Phase 1 3:00 – 4:00	CROSS FIT TRAINING Phase 2 2:00 – 3:00	
	MARTIAL ARTS Phase 1 3:00 – 4:00	ZUMBA 4:00 – 6:00		
				



TO JOIN GROUP FITNESS BY APPOINTMENT ONLY
EMAIL THE TRAINER - tycfit@gmail.com

REGISTER IN ADVANCE ON THE CITY TECH RECREATION & INTRAMURAL WEBSITE