



EVOLUTION
 FITNESS | PERSONAL TRAINING

Quick Fit Group Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Chest/Shoulders/ Triceps + HIIT + Core Annie	5:30 AM Chest/Shoulders/ Triceps + HIIT + Core Danielle	5:30 AM Back/Biceps + HIIT + Core Annie	5:30 AM Back/Biceps + HIIT + Core Danielle	5:30 AM Legs/Glutes + HIIT + Core Annie	
	9:00 AM Chest/Shoulders/ Triceps + HIIT + Core Danielle		9:00 AM Back/Biceps + HIIT + Core Danielle	9:00 AM Legs/Glutes + HIIT + Core Danielle	9:00 AM Legs/Glutes + HIIT + Core Danielle
10:00 AM Chest/Shoulders/ Triceps + HIIT + Core Danielle		10:00 AM Back/Biceps + HIIT + Core Danielle			10:00 AM Legs/Glutes + HIIT + Core Danielle
6:00 PM Chest/Shoulders/ Triceps + HIIT + Core Brooke		6:00 PM Back/Biceps + HIIT + Core Brooke	6:00 PM Legs/Glutes + HIIT + Core Brooke		