

SWELL GROUP TRAINING MULTILEVEL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 AM		7:00 AM		6:45 AM		
9:00 AM		9:00 AM		9:00 AM	9:30 AM	9:30 AM
4:30 PM	12:00 PM		12:00 PM			
	4:00 PM		4:30 PM			

MULTILEVEL - FOR ALL FITNESS LEVELS, FOCUSING ON STRENGTHENING THE ENTIRE BODY AND IMPROVING BALANCE AND STABILITY