



TEAM TRAINING SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	TEAM BURN		TEAM STRENGTH		TEAM BURN	
7AM			BODY TUNE UP			BODY TUNE UP (7:30)
8 AM						TEAM BURN
9 AM		TEAM BURN		TEAM BURN		
10 AM	TEAM BURN		TEAM STRENGTH	BODY TUNE UP (9:45)	TEAM STRENGTH	
4:30 PM		TEAM STRENGTH		TEAM STRENGTH		
5:30 PM		TEAM STRENGTH		TEAM STRENGTH		
6 PM	TEAM BURN		TEAM BURN	BODY TUNE UP (6:15)		
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*MAX class participants: Team Burn - 12; Team Strength - 12; Body Tune Up - 8. You may register up to 30 minutes before scheduled class times.