

PAC-FIT Training Schedule

Monday <i>Strength</i>	Tuesday <i>Strength</i>	Wednesday <i>Conditioning</i>	Thursday <i>Strength</i>	Saturday <i>Conditioning</i>
6:00 am	6:00 am	6:00 am	6:00 am	8:00 am
9:00 am	6:00 pm	9:00 am	6:00 pm	9:00 am
6:00 pm	7:00 pm	6:00 pm	7:00 pm	
7:00 pm				

*Please check MindBody Online regularly, as it will always be up-to-date with any closures, changes, etc.



Smart Training · Simple Nutrition
· Unlimited High-Fives

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