



Small Group Training Schedule

Basic Program

Boot Camp

Tuesday 6:30pm Thursday 6:30pm Saturday 8am
All classes at Custom Fit Personal Training 111 S Green River Rd

24 Minute Meltdown

Wednesday noon Friday noon
All classes at Custom Fit Personal Training 111 S Green River Rd

Platinum Program

The platinum program includes the above classes as well as the following:

Box-Fit

Monday 5:45am 11:30am Friday 5:15pm
Classes are at Custom Fit Relentless 2800 Lincoln Ave in the Yoga 101 Building

Meltdown

Monday 5:15pm Tuesday 5:45am 12:15pm Wednesday 5:15pm
Thursday 5:45am 12:15pm
Classes are at Custom Fit Relentless 2800 Lincoln Ave in the Yoga 101 Building