



P4L FITNESS EVENTS CALENDAR

Monday:

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| Women's Fit-N-Functional Session | 6:15 AM - 7:15 AM |
| Women's Fit-N-Functional Session | 9:15 AM - 10:15 AM |
| Lunch Blast Session | 12:35 PM - 1:05 PM |
| High Intensity Interval Training Session (H.I.I.T) | 6:00 PM - 7:00 PM |

Tuesday:

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| Men's UFC Session | 6:15 AM - 7:15 AM |
| High Intensity Interval Training Session (H.I.I.T) | 6:00 PM - 7:00 PM |

Wednesday:

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|--|--------------------|
| Women's Fit-N-Functional Session | 6:15 AM - 7:15 AM |
| Women's Fit-N-Functional Session | 9:15 AM - 10:15 AM |
| Lunch Blast Session | 12:35 PM - 1:05 PM |
| High Intensity Interval Training Session (H.I.I.T) | 6:00 PM - 7:00 PM |

Thursday:

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| Men's UFC Session | 6:15 AM - 7:15 AM |
| High Intensity Interval Training Session (H.I.I.T) | 6:00 PM - 7:00 PM |

Friday:

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|----------------------------------|--------------------|
| Women's Fit-N-Functional Session | 6:15 AM - 7:15 AM |
| Women's Fit-N-Functional Session | 9:15 AM - 10:15 AM |
| Lunch Blast Session | 12:35 PM - 1:05 PM |

Saturday:

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| Co-Ed Hybrid Session | 8:00 AM - 9:00 AM |
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