

# GROUP PERSONAL TRAINING

## Cave Creek Fitness Performance Center Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30am							
7:00 - 8:00am		♥ Bod Squad Sara	♥ Bod Squad Sara		♥ Bod Squad Sara		
8:00 - 9:00am							♥ BBDB Bob
9:00-10:00am		♥ Warrior Workout Sara	♥ Full Body Bob	♥ Warrior Workout Sara	♥ Full Body Bob		
3:30 - 4:30pm							
4:30 - 5:30pm							
5:30 - 6:30pm		♥ Body Camp Bob	♥ Body Camp Bob	♥ Body Camp Bob	♥ Body Camp Bob		

**Please see Sales to sign-up for first class.**

**Full body workouts performed in small groups to deliver the personal experience for any fitness level!**

**Club Hours**  
**Monday - Thursday 4:30am - 10:00pm**  
**Friday 4:30am - 9:00pm**  
**Saturday - Sunday 6:00am - 6:00pm**

Performance Center