

# SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	METCON	METCON	METCON	METCON	METCON	
6:15 AM	METCON	METCON	METCON	METCON	METCON	
8:00 AM	SWEAT305	SWEAT305	SWEAT305	SWEAT305	SWEAT305	METCON
9:00 AM	METCON	METCON	METCON	METCON	METCON	METCON
10:00 AM						SWEAT305

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3:15 PM	METCON	METCON	METCON	METCON	METCON	
4:15 PM	METCON	METCON	METCON	METCON	METCON	
5:15 PM	METCON	METCON	METCON	METCON	METCON	
6:15 PM	METCON	METCON	METCON	METCON	OLYMPIC WEIGHTLIFTING	
7:15 PM	METCON	METCON	METCON	METCON	METCON	

**FREE TRIAL CLASS**  
**EMAIL [INFO@GFTAMIAMI.COM](mailto:INFO@GFTAMIAMI.COM) TO SCHEDULE**