

AF Essentials Group Training Schedule

MON	TUE	WED	THU	FRI	SAT
4:30 am - 5:30 am SPB Transformation (A)	4:45 am - 5:15 am Metabolic	4:30 am - 5:30 am SPB Transformation (B)	4:45 am - 5:15 am Metabolic	4:30 am - 5:30 am SPB Transformation (C)	
5:30 am - 6:30 am SPB Transformation (A)	5:15 am - 6:15 am SPB Transformation (A)	5:30 am - 6:30 am SPB Transformation (B)	5:15 am - 6:15 am SPB Transformation (B)	5:30 am - 6:30 am SPB Transformation (C)	
6:30 am - 7:30 am SPB Transformation (A)	6:15 am - 7:15 am SPB Transformation (A)	6:30 am - 7:30 am SPB Transformation (B)	6:15 am - 7:15 am SPB Transformation (B)	6:30 am - 7:30 am SPB Transformation (C)	6:30 am - 7:00 am Metabolic
8:30 am - 9:30 am SPB Transformation (A)	7:30 am - 8:00 am Metabolic	8:30 am - 9:30 am SPB Transformation (B)	7:30 am - 8:00 am Metabolic	8:30 am - 9:30 am SPB Transformation (C)	7:00 am - 8:00 am SPB Transformation (C)
9:30 am - 10:00 am Metabolic	9:30 am - 10:00 am Metabolic	9:30 am - 10:00 am Metabolic	9:30 am - 10:00 am Metabolic	9:30 am - 10:00 am Metabolic	8:00 am - 9:00 am SPB Transformation (C)
12:00 pm - 1:00 pm SPB Transformation (A)	12:00 pm - 1:00 pm Metabolic	12:00 pm - 1:00 pm SPB Transformation (B)	12:00 pm - 1:00 pm Metabolic	12:00 pm - 1:00 pm SPB Transformation (C)	
1:00 pm - 1:30 pm Metabolic	5:00 pm - 5:30 pm Metabolic	1:00 pm - 1:30 pm Metabolic	5:00 pm - 5:30 pm Metabolic	1:00 pm - 1:30 pm Metabolic	
	5:30 pm - 6:30 pm SPB Transformation (A)		5:30 pm - 6:30 pm SPB Transformation (B)		
	6:30 pm - 8:00 pm Foundation				

Foundation: Pre-requisite for new Actualize Fitness members to learn how to self-assess and correct movement pattern efficiency, body awareness, technique and much more.

SPB Transformation: Transform **S**trength, **P**erformance & **B**ody Composition with functional resistance strength training in a cardiovascular environment.

Metabolic: Increases fitness, workload capacity & transform body composition through a combination of functional body weight and multi-faceted cardiovascular movements.