



TEAM TRAINING SCHEDULE



2019

Monday	Tuesday	Wednesday	Thursday	Friday
8 am Base w/ Andrew (TURF)		8 am Base w/ Andrew (TURF)		6 am Burn w/ Andrew (TURF)
			5 pm Power Yoga w/ Lisa (Group EX room)	
630 pm Burn w/ Andrew (TURF)		630 pm Build w/ Andrew (TURF)		

Anytime Fitness Indian Land 5090 Ridgeline Lane Indian Land S.C. 29707
Ph: 803-548-9913

(TURF)				
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