

FOURNIER FIT
SMALL GROUP SESSIONS SCHEDULE

ACCESSIBLE TO ALL	INVITE ONLY INTERMEDIATE/ADVANCED
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MORNING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 6:30 AM BOOTY BUSTER	5:45 – 6:30 AM EXPRESS & RIPPED	5:45 – 6:30 AM EXPRESS & RIPPED	5:45 – 6:30 AM BODY WORKS	5:45 – 6:30 AM EXPRESS & RIPPED	
6:30 – 7:45 AM BI'S, TRI'S, SHOULDERS	6:30 – 7:45 AM BOOTY BUSTER	6:30 – 7:45 AM CHEST AND BACK	6:30 – 7:15 AM EXPRESS & RIPPED	6:30 – 7:45 AM FULL BODY	7:00 – 7:45 AM EXPRESS & RIPPED
8:00 – 8:45 AM BODY WORKS*	8:00 – 8:45 AM BODY WORKS		8:00 – 8:45 AM BODY WORKS	8:00 – 8:45 AM BODY WORKS*	7:45 – 8:15 AM REJUVENATE
9:00 – 9:45 AM BOOTY BUSTER	8:45 – 9:30 AM EXPRESS & RIPPED	9:00 – 9:45 AM BODY WORKS	8:45 – 9:30 AM EXPRESS & RIPPED	9:00 – 9:45 AM REJUVENATE	8:15 – 9:00 AM EXPRESS & RIPPED

EVENING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4:30 – 5:15 PM EXPRESS & RIPPED	4:30 – 5:15 PM BODY WORKS	4:30 – 5:15 PM EXPRESS & RIPPED	4:30 – 5:15 PM BOOTY BUSTER
5:30 – 6:15 PM BODY WORKS	5:30 – 6:15 PM BODY WORKS	5:30 – 6:15 PM BOOTY BUSTER	5:30 – 6:15 PM BODY WORKS	5:30 – 6:15 PM BODY WORKS
6:30 – 7:15 PM BOOTY BUSTER	6:30 – 7:15 PM UPPER BODY & CORE	6:30 – 7:15 PM BODY WORKS	6:30 – 7:15 PM UPPER BODY & CORE	6:30 – 7:15 PM EXPRESS & RIPPED
7:15 – 8:00 PM <u>MEN ONLY</u> BI'S, TRI'S, SHOULDERS	7:15 – 7:45 PM REJUVENATE	7:15 – 7:45 PM <u>MEN ONLY</u> LEGS	7:15 – 7:45 PM <u>MEN ONLY</u> CHEST & BACK	7:15 – 7:45 PM REJUVENATE

- EVERY 2ND SATURDAY OF THE MONTH WILL HAVE “CHECK-INS” AVAILABLE FROM 12:00 PM – 3:00 PM. THIS IS A FREE SERVICE INCLUDED FOR VIP MEMBERS. FOR OTHER FOURNIER FIT CLIENTS THERE IS A \$10 FEE PER PERSON. CHECK INS WILL BE 15 MINUTES IN DURATION TO RECORD ALL MEASUREMENTS OF 2 CLIENTS.
 - MEASUREMENTS RECORDED AND TRACKED
 - WEIGHT(LBS)
 - BODY FAT PERCENTAGE
 - CHEST, WAIST, HIPS, QUADS, BICEPS
- CLASS MAX FOR REGULAR CLASSES IS 7 CLIENTS. CLASS MAX FOR ADVANCED/INTERMEDIATE IS 6 CLIENTS.
- SCHEDULE IS SUBJECT TO CHANGE AT ANY DATE OR TIME