



# July & August 2016 Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am - Weight Training	5am -Hurricane Cardio	5am - Density Strength Circuits	5am - Hurricane Cardio Circuit	5am - Weight Training	8am - Hurricane Cardio Circuit
8am - Weight Training	8am -Hurricane Cardio	8am - Density Strength Circuits	8am - Hurricane Cardio Circuit	8am - Weight Training	9am - Density Strength Circuits
9:15am - Weight Training	9:15 -Hurricane Cardio	9:15am Density Strength Circuits	9:15am - Hurricane Cardio Circuit	9:15 - Weight Training	10am - Weight Training
<i>10:15am -Beginner Hurricane Cardio Circuit</i>		<i>10:15am - Beginner Total Body Weight Training</i>		<i>10:15am-Beginner Hurricane Cardio Circuit</i>	<i>10:00am -Beginner Total Body Weight Training</i>
3pm - Athletes Group		3pm - Athletes Group		3pm -Athletes Group	
4pm - Weight Training	4:15pm-Hurricane Cardio	4:15pm - Density Strength Circuits	4:15pm - Hurricane Cardio Circuit	4pm - Weight Training	
5:30pm - Weight Training	5:30pm-Hurricane Cardio	5:30pm - Density Strength Circuits	5:30pm - Hurricane Cardio Circuit	5pm - Weight Training	
6pm - Weight Training		6:15pm - Density Strength Circuits	6:15pm - Hurricane Cardio Circuit		
<i>6:30 - Beginner Hurricane Cardio Circuit</i>	<i>6:15pm -Beginner Hurricane</i>		<i>6:15pm -Beginner Total Body Weight Training</i>		
7pm - Weight Training	7pm - Core Hurricane Cardio	7pm - Density - Strength Circuits	7pm - Hurricane Cardio Circuit		



- Membership Classes



- Beginner Classes (8 week, 30 Day, 2 Week)



- Athlete Group Classes

[www.tfwmahopac.com](http://www.tfwmahopac.com)

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