

# IMPACT-X Group Coaching Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-5:05 AM	SWEAT-X	SWEAT-X	SWEAT-X	SWEAT-X	SWEAT-X	
5:15-6:05 AM	SWEAT-X	SWEAT-X	SWEAT-X	SWEAT-X	SWEAT-X	
6:05-6:30		IMPACT STRETCH				
6:15-7:05 AM	SWEAT-X		SWEAT-X		SWEAT-X	
7:00-7:50AM						SWEAT-X
8:00-8:50 AM	SWEAT-X		SWEAT-X		SWEAT-X	SWEAT-X
9:00-9:50AM	SWEAT-X		SWEAT-X		SWEAT-X	SWEAT & SOUL
9:50-10:15AM						IMPACT STRETCH
10:00-10:50AM	IMPACT 110		IMPACT 110		IMPACT 110	
12:00-12:50 PM		SWEAT-X		SWEAT-X		
4:15-5:05PM	SWEAT-X	SWEAT-X	SWEAT-X	SWEAT-X	SWEAT-X	
5:15-6:05PM	SWEAT-X	SWEAT-X	SWEAT-X	SWEAT-X		
6:05-6:30PM	IMPACT STRETCH					