



## Class Schedule

All our Lean Teen Classes have separate girls and boys classes to avoid distractions and allow open communication with the trainer and each other.

### Mondays - Thursdays

#### Girls Classes

3:30pm - 4:30pm

4:30pm - 5:30pm

6:00pm - 7:00pm

7:00pm - 8:00pm

#### Boys Classes

4:30pm - 5:30pm

7:00pm - 8:00pm

### Fridays - Open Workouts with a Trainer from 3pm - 7pm

On Fridays our teens are encouraged to come work out with our trainers at their own schedule. This is a great day to make-up any missed classes!

### Saturday Exercise Classes

9:30 - 10:30am      Girls Class

10:30 - 11:30am      Boys Class

**More classes will be added as we sign up more teens!**