



THE PIT STRENGTH & CONDITIONING

Quit working out and start TRAINING for the best results of your life!

Heart Rate classes (HR) and open gyms are for Limitless Members only.

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:00 AM	PIT	PIT	PIT	PIT	PIT		
5:15 AM	PIT	PIT	PIT	PIT	PIT		
6:15 AM	PIT		PIT		PIT		
7:15 AM	PIT	PIT	PIT	PIT	PIT		
7:45 AM						HR	
8:30 AM	PIT	HR/PIT	PIT	HR/PIT	PIT	PIT	
9:00 AM	PIT	HR/PIT	PIT	HR/PIT	PIT	Open Gym	Open Gym
11:30 AM	PIT	PIT	PIT	PIT	PIT	11-1p	11-1p
4:30 PM	PIT		PIT				
5:15 PM		PIT		PIT	PIT 5pm		
5:30 PM	PIT		PIT				
6:15 PM	HR			HR			
6:45 PM							

**TRAIN
SMART**

Registration is ongoing and can be completed at the Front Desk. You can make up your session in any of the other groups without losing your session! We would suggest having a "home" class time to get to know your group and Coach for the best experience!

Don't see a day and time listed that you like? Grab at least two friends and we might add it! Questions? Email Jesse Hawkins, PIT Manager, at jesse@thepitbloomington.com

Our suggestion is to attend at minimum 2 PIT class times. When you are attending 2 PIT classes and want to add on, we can start to manipulate according to goals. We suggest 2 PIT classes and 2 HRs for fat loss, and 3 PIT classes and 1 HR for overall performance(if attending 4 times per week). We're here for you to achieve your goals safely and quickly so LET'S GO!!!!

#trainsmart