

# GROUP TRAINING SCHEDULE

## DAYS/TIMES

## GPT CLASSES

## CONTACT INFO

### Mondays

8:45AM - 9:45AM

COMPOUND CREW

RENEE: 707.490.8097

10:00AM - 10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

### Tuesdays

10:00AM-10:45AM

STRENGTH BLEND

LISA: 707.521.2443

11:00AM-12:00PM

LIFT HEAVY + HIIT

PAULA: 707.800.5317

### Wednesdays

10:00 - 10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

11:00AM-11:30AM

BUTTS & GUTS

TRISTA: 707.291.9287

### Thursdays

8:45AM - 9:45AM

COMPOUND CREW

RENEE: 707.490.8097

10:30AM-11:00AM

PRIVATE GROUP

CATHERINE: 707.291.5148

11:00AM-12:00PM

LIFT HEAVY + HIIT

PAULA: 707.800.5317

### Fridays

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

GROUP PERSONAL TRAINING RATES APPLY