

GROUP TRAINING SCHEDULE

DAYS/TIMES

GPT CLASSES

CONTACT INFO

Mondays

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

Tuesdays

9:00AM-10:00AM

TOTAL STRENGTH

TRISTA: 707.291.9287

11:00AM-12:00PM

LIFT HEAVY + HIIT

TRISTA: 707.291.9287

Thursdays

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