



HIIT/Small Group Training

KIRKMAN

Week of 06/02/25

	MONDAY, 06/02/25	TUESDAY, 06/03/25	WEDNESDAY, 06/04/25	THURSDAY, 06/05/25	FRIDAY, 06/06/25	SATURDAY, 06/07/25	SUNDAY, 06/08/25
MORNING 							
MID-DAY 							
EVENING 							



1101 Resource Ave | 321.445.0296

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm