

TFWCONNECTICUT ON-SITE AND ZOOM GROUP SCHEDULE EFFECTIVE 6/20/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DAYTIME CLASSES						
UPPER BODY 6:30am-7:30am	HURRICANE 6:30-7:30am		ENERGY CIRCUIT 6:30-7:30am	LOWER BODY 6:30-7:30am		
					INBODY 8:00am-8:30am	
					STRENGTH 9:00am-10:00am	
UPPER BODY 9:30am-10:30am	HURRICANE 9:30-10:30am	SPEED STRENGTH 9:30am-10:30am	ENERGY CIRCUIT 9:30-10:30am	LOWER BODY 9:30-10:30am		
					***KETTLEBELLS 10:30am-11:30am	
					**ABS/CORE 11:30am-12:30pm	
EVENING CLASSES						
UPPER BODY 4:15pm-5:15pm	HURRICANE 4:15pm-5:15pm	SPEED STRENGTH 4:15pm-5:15pm	ENERGY CIRCUIT 4:15pm-5:15pm	LOWER BODY 4:15pm-5:15pm		
UPPER BODY 5:30pm-6:30pm	HURRICANE 5:30pm-6:30pm	SPEED STRENGTH 5:30pm-6:30pm	ENERGY CIRCUIT 5:30pm-6:30pm	LOWER BODY 5:30pm-6:30pm		
UPPER BODY 6:45pm-7:45pm	HURRICANE 6:45pm-7:45pm					

MINIBODY REGISTRATION REQUIRED TO ATTEND ON-SITE CLASSES
 ***KETTLEBELL TRAINING COACH APPROVAL REQUIRED TO ATTEND
 **ABS/CORE
 **KETTLEBELL TRAINING AND ABS/CORE ARE NOT PART OF THE TFW PROGRAM