



CG Group Exercise Facebook Live					
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:30am	Cardio Intervals w/ Angel		PiYO w/ Kristy		Total Body Strength W / Angel
10:30am		Seated Chair w/ Brandy		Seated Chair w/ Brandy	
5:30pm	PiYO w / Kristy	Total Body Strength W / Angel	Da Groove w/ Julie	Cardio Intervals w/ Angel	
<i>If you can't meet the class on time, when it is finished, it will be saved as a regular FB post you can do on your own.</i>					

Daily Instagram Workouts From Your Fitness Team						
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Posted 8am	HIIT	Strength & Conditioning	HIIT	Strength & Conditioning	HIIT	Foam Rolling