

# WORKOUT OF THE DAY

A NEW WAY TO CHALLENGE YOURSELF



## MONDAY

4:00 PM - 5:00 PM

AURIELLE

## TUESDAY

12:00 PM - 1:00 PM // BOBBY

5:00 PM - 6:00 PM // EVAN

## WEDNESDAY

12:00 PM - 1:00 PM // BOBBY

4:00 PM - 5:00 PM // AURIELLE

5:00 PM - 6:00 PM // EVAN

## THURSDAY

12:00 PM - 1:00 PM // BOBBY

5:00 PM - 6:00 PM // EVAN

Take your  
**Fitness**  
TO A NEW  
LEVEL

UNIQUELY DESIGNED TO HELP TONE MUSCLES,  
BURN EXTRA CALORIES, BUILD STRENGTH,  
AND ENDURANCE.

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#WODVSU

## **Workout of the Day**

**MONDAY:** 4 PM-5 PM Aurielle.

**TUESDAY:** 12PM- 1PM Bobby, 5 PM-6PM Evan.

**WEDNESDAY:** 12 PM- 1 PM Bobby, 4 PM- 5 PM Aurielle, 5 PM-6 PM Evan.

**THURSDAY:** 12 PM – 1 PM Bobby, 5 PM-6PM Evan.