









# CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	<b>PREMIER SLIDES</b>	<i>SPIN</i>	"TBC"	<i>SPIN</i>	<b>PREMIER SLIDES</b>	<i>SPIN</i>
10:00 AM		<b>PREMIER SLIDES</b>		<b>PREMIER SLIDES</b>		
10:15 AM						
10:30 AM		<b>BRING THE INTENSITY</b>		<b>BRING THE INTENSITY</b>		<b>BRING THE INTENSITY</b>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 PM		<b>ALOTTA CORE</b>	<b>PREMIER SLIDES</b>	<b>ALOTTA CORE</b>		
5:30 PM	<i>SPIN</i>		<i>SPIN</i>			
5:45 PM		"TBC"		"TBC"		
6:30 PM		<i>SPIN</i>		<i>SPIN</i>		
7:00 PM						
Fitness Premier @ Hidden Cove 70 Ken Hayes, Bourbonnais, IL 60914		Hours of Operation: Mon - Fri: 5am - 8pm Sat: 8am - 4pm Sun: CLOSED			Phone: 815-933-1400 Visit us @ <a href="http://fitness-premier.com">fitness-premier.com</a>	

"America has gone from a land of "doers with dreams" to a land of "dreamers" allergic to "doing."

"We want the results-the dream-but seem unclear or unwilling to do what it takes!"

By Shawn Phillips

# GROUP TRAINING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	<b>BREAKTHROUGH Adv.</b>	<b>BREAKTHROUGH Beg.</b>	<b>BREAKTHROUGH Adv.</b>	<b>BREAKTHROUGH Beg.</b>		
9:00 AM						"CTGF" MN
9:30 AM	"CTGF" KB	"CTGF" MN	"CTGF" KB	"CTGF" MN		
10:00 AM						"CTGF" KB
10:30 AM						<b>BREAKTHROUGH BC</b>
11:00 AM						
NOON						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 PM						
5:15 PM						
5:30 PM	"CTGF" KB	"CTGF" MN	"CTGF" KB	"CTGF" MN		
6:15 PM						
6:30 PM	"CTGF"- KB	"CTGF" - MN				
6:30 PM	<b>BREAKTHROUGH Beg.</b>	<b>BREAKTHROUGH Adv.</b>	<b>BREAKTHROUGH Beg.</b>	<b>BREAKTHROUGH Adv.</b>		