



# REGYMEN

FITNESS

## WEEKLY SCHEDULE

### Monday

5:30 AM 

8:30 AM 

9:45 AM  

12:00 PM  

4:30 PM 

### Tuesday

5:30 AM  

8:30 AM  

9:45 AM 

4:30 PM  

### Wednesday

5:30 AM 

8:30 AM 

9:45 AM  

12:00 PM  

4:30 PM 

### Thursday

5:30 AM  

8:30 AM  

9:45 AM 

4:30 PM  

### Friday

5:30 AM 

8:30 AM 

9:45 AM  

12:00 PM 

4:30 PM 

3rd Friday  
of every  
month



### Saturday

9:30 AM 