



TEAM TRAINING

MESA FITNESS GRAND JUNCTION

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Team Training		Team Training		Team Training	
6:00am		Team Training		Team Training		
9:00am	Team Training	Team Training	Team Training	Team Training	Team Training	Team Training <i>Alternating Coaching Schedule</i>
12 Noon		Team Training				
4:30PM		KIDS CAMP KIDS CAMP		KIDS CAMP KIDS CAMP		
5:30pm	Team Training	Team Training	Team Training			

This ENTIRE space will be closed during class times, and also 15 minutes before. Area closed during class!

Class Descriptions

AFTERBURN

A fun and energetic mix of resistance training and cardio vascular endurance. This class will work your entire body using functional movements to strengthen, tone, and burn fat. Beginners to advanced will be able to work out side by side with our scalable options and emphasis on corrective coaching.

Please check the Mesa Fitness app for coaches and any class changes each week! Just visit the Personal Training tab for more information.