

POWERHOUSE MX4

Monday

Time	Instructor
6:00a - 6:45a	Jacob
9:30a - 10:15a	Conway
6:00p - 6:45p	Conway

Tuesday

Time	Instructor
6:00a - 6:45a	Jacob
9:30a - 10:15a	Conway
7:00p - 7:45p	Nikki

Wednesday

Time	Instructor
6:00a - 6:45a	Conway
9:30a - 10:15a	Conway
6:00p - 6:45p	Natalie

Thursday

Time	Instructor
6:00a - 6:45a	Jacob
9:30a - 10:15a	Conway
7:00p - 7:45p	Nikki

Friday

Time	Instructor
6:00a - 6:45a	Jacob
9:30a - 10:15a	Conway

Saturday

Time	Instructor
10:00a - 10:45a	Jacob

SCHEDULE YOUR FREE MX4 WORKOUT TODAY!
 For more information, contact Conway Norwood At
ConwayNorwood@PowerhouseGym.com