



# TEAM TRAINING SCHEDULE *IN THE TENT*

## MONDAY

**AFTERBURN**  
5:30am  
*Dominic*

**LUNCH  
BREAK**  
12:00pm  
*Wes*

**AFTERBURN**  
6:00pm  
*Dominic*

## TUESDAY

**QUICK HIIT**  
9:30am  
*Amy*

**LUNCH  
BREAK**  
12:00pm  
*Alex*

**AFTERBURN**  
4:30pm  
*Wes*

**AFTERBURN**  
6:00pm  
*Wes*

## WEDNESDAY

**LUNCH  
BREAK**  
12:00pm  
*Wes*

**AFTERBURN**  
6:00pm  
*Amy*

## THURSDAY

**LUNCH  
BREAK**  
12:00pm  
*Wes*

**AFTERBURN**  
4:30pm  
*Wes*

**AFTERBURN**  
6:00pm  
*Wes*

## FRIDAY

**AFTERBURN**  
5:30am  
*Michele*

**QUICK HIIT**  
9:30am  
*Amy*

**LUNCH  
BREAK**  
12:00pm  
*Wes*

**AFTERBURN**  
4:30pm  
*John*

## SATURDAY

**AFTERBURN**  
8:00am  
*John*

## SUNDAY

**AFTERBURN**  
11:00am  
*Alex*

## Location: Outdoor Fitness Tent

These classes are offered exclusively to those with Team Training access

- Reservations can be made up to 48 hrs in advance on the FREE Weymouth Club app.
- We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.
- DROP IN: \$20/class - member, \$30/class - non-member
  - Quick HIIT drop-in fee is \$10
- MONTHLY: \$99/month. Members Only. Unlimited Classes. Addition of Team Training also includes mind/body classes.
- Schedule is subject to change