

Torrilhon Fitness Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7 am		7am		7 am
9 am	9 am	9am	9am	9 am

Drop-ins welcome, please arrive early for your cardio warm-up

Classes for \$9*

One-on-One Sessions for \$40**

Contact Cedric Torrilhon with any questions at 602-432-2190.
Enjoy your workouts!

* When purchasing weekly special – 5 classes

** When completing 3 sessions per week