

SEVIERVILLE PHIIT CLASS SCHEDULE

Functional Training for the everyday person

Personalized High Intensity & Interval Training

Fitness Instructors:

Dustin Green &

Richie Rivera

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>5:45am Richie Afterburn</i>		<i>5:45am Richie Afterburn</i>		<i>5:45am Richie Afterburn</i>	
<i>9:00am Dustin Industrial Strength</i>	<i>9:00am Dustin AfterBurn</i>	<i>9:00am Dustin Industrial Strength</i>	<i>8:00am Dustin Afterburn</i>	<i>9:00am Dustin Industrial Strength</i>	<i>9:30am Dustin Afterburn</i>
<i>5:00pm Richie Afterburn</i>		<i>5:30pm Dustin Afterburn</i>	<i>5:00pm Richie Industrial Strength</i>	<i>10:00am Dustin Afterburn</i>	<i>10:30am Dustin Afterburn</i>
<i>6:00pm Richie Afterburn</i>	<i>6:00pm Richie Industrial Strength</i>				

PHIIT TRAINING STUDIO



NECESSARY PAIN

STRENGTH & CONDITIONING

<u>Afterburn</u>	A true metabolic workout, this cutting-edge class combines functional exercises, kettle bells, resistance & TRX suspension training, calisthenics and plyometrics with bouts of cardio intervals of jogging, sprinting, hills and stairs. There is little rest in between exercises in an effort to maximize calorie burn and increase your metabolic rate during and after the workout. You'll train like a top athlete, but at a pace you can handle.
<u>Industrial Strength</u>	If your focus is to build strength, look to this offering within our Team Training program umbrella. These interval-timed sessions increases strength and intensity compared to our metabolic-focused Team Training sessions. Ready to take your workout to a stronger level? Industrial Strength is your workout.