

**TFWCONNECTICUT GROUP SCHEDULE**  
**(EFFECTIVE 3/23/2017)**

START	END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	7:30 AM	UPPER BODY STRENGTH	HURRICANE		ENERGY CIRCUIT	LOWER BODY STRENGTH	
8:00 AM	9:00 AM						STRENGTH TRAINING
9:30 AM	10:30 AM	UPPER BODY STRENGTH	HURRICANE	SPEED STRENGTH	ENERGY CIRCUIT	LOWER BODY STRENGTH	
9:30 AM	10:00 AM						INBODY
10:15 AM	11:15 AM						
11:00 AM	12:00 PM						WORKSHOP / SEMINARS
4:15 PM	5:15 PM	UPPER BODY STRENGTH	HURRICANE	SPEED STRENGTH	ENERGY CIRCUIT		
4:45 PM	5:45 PM					LOWER BODY STRENGTH	
5:30 PM	6:30 PM	UPPER BODY STRENGTH	HURRICANE	SPEED STRENGTH	ENERGY CIRCUIT		
6:00 PM	7:00 PM					LOWER BODY STRENGTH	
6:45 PM	7:45 PM				* VINYASA YOGA		
7:00 PM	8:00 PM	UPPER BODY STRENGTH	HURRICANE				

STRENGTH	Strength is the foundation of the TFW system. Through our systematic training, we are able to progress students according to their relative strength. TFW Coaches will help you achieve toned muscles, strength and bone density in a safe motivational small personal group setting!
HURRICANE	Hurricane consists high intensity movements and is structured according to the level of the student. You will learn proper sprint technique. The objective is to create a disturbance within the metabolic system. With consistent participation, students can expect to decrease body fat, see an increase lean muscle tissue, and improve their endurance.
SPEED STRENGTH	Work on your Strength and Endurance in this high rep TFW Strength Training Class.
ENERGY CIRCUIT	Energy circuits are centered around a time specific work-to-rest ratio and students are coached to focus on movement patterns and efficiency. Energy circuits are specially designed by our coaches to compliment our strength days. It allows our students to focus on movement-based recovery without overloading the body. Whether it's through Body Weight, Kettlebells, Dumbbells, Sleds, or Battle Ropes, each workout is meant to be challenging while attainable for all fitness levels.
CORE & MOBILITY	You will build amazing abs and core strength while increasing flexibility in this supplemental class to our regular TFW group classes!
* VINYASA YOGA	Stay focused & in the present with the smooth & continuous flow of movements. Push the limits of your strength, flexibility, and balance. Vinyasa Yoga is available as a punch card class.