

Team Training Schedule

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Closed	6am Burst	9:30am Circuit	6am Burst	9:30am Circuit	6am Burst	8:30am Circuit
	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	
	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	
Closed	6am Burst	9:30am Circuit	6am Burst	9:30am Circuit	6am Burst	8:30am Circuit
	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	
	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	
Closed	6am Burst	9:30am Circuit	6am Burst	9:30am Circuit	6am Burst	8:30am Circuit
	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	
	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	
Closed	6am Burst	9:30am Circuit	6am Burst	9:30am Circuit	6am Burst	8:30am Circuit
	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	
	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	
Closed	6am Burst	9:30am Circuit	6am Burst	9:30am Circuit	6am Burst	8:30am Circuit
	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	4:30pm M.E.L.T.	9:30am M.E.L.T.	
	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	6:30pm Burst	5:30pm Circuit	

Burst Training - A high energy total body fat burning workout. In the Burst training workouts you will have any number of exercises with a certain amount of reps for each. You simply go through this set of exercises as many times as possible within the total time of the class. If it's calorie burning you want, this is definitely the class! You WILL no doubt get fit and ripped with Burst training!

M.E.L.T. – A total body workout that includes resistance training combined with cardiovascular training. M.E.L.T. (More Exercise in Less Time) is an easy way to combine that needed cardio into your strength training routine when there's just no extra time to do it on your own. M.E.L.T. is the perfect solution for getting fit. This class incorporated interval training to burn more calories, increase the metabolism and get fitter faster!

Circuit – Circuit class is just as it sounds... a circuit of strength and cardiovascular exercises, some hard, some easy, and some just challenging. This is a fun, energizing class filled with a total body killer workout!

Call **843-757-8626** or go to our website for more information **www.ShapingConceptsBluffton.com**