EPE Training Systems Schedule

Aspan Plaza, 22821 Lake Forest Drive, #114, Lake Forest, CA 92630, (949) 441-1262, stephen@epetrainingsystems.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Personal Training						
6:00 AM	Morning Group	Personal Training	Morning Group	Personal Training	Morning Group		
6:30 AM	Circuit Training	Personal Training	Circuit Training	Personal Training	Circuit Training		
7:00 AM	Morning Group	Personal Training	Morning Group	Personal Training	Morning Group		
7:30 AM	Circuit Training	Personal Training	Circuit Training	Personal Training	Circuit Training		
8:00 AM	Personal Training						
8:30 AM	Personal Training						
9:00 AM	Personal Training						
9:30 AM	Personal Training						
10:00 AM	Personal Training	Small Group					
10:30 AM	Personal Training	Barbell #3					
11:00 AM	Personal Training						
11:30 AM	Personal Training						
12:00 PM	Personal Training						
12:30 PM	Personal Training						
1:00 PM	Personal Training						
1:30 PM	Personal Training						
2:00 PM	Personal Training						
2:30 PM	Personal Training						
3:00 PM	Personal Training						
3:30 PM	Personal Training						
4:00 PM	Personal Training	Personal Training	Personal Training	Personal Training	Group Cross- Training		
4:30 PM	Group	Personal Training	Group	Personal Training			
5:00 PM	Cross- Training	Personal Training	Cross- Training	Personal Training			
5:30 PM	Personal Training						
6:00 PM	Personal Training	Small Group	Personal Training	Small Group	Personal Training		
6:30 PM	Small Group	Barbell #3	Small Group	Barbell #3	Small Group		
7:00 PM	Barbell #1	(6:15 - 7:15)	Barbell #1	(6:15 - 7:15)	Barbell #1		
7:30 PM	Small Group	Personal Training	Small Group	Personal Training	Small Group		
8:00 PM	Barbell #2	Personal Training	Barbell #2	Personal Training	Barbell #2		
8:30 PM	Personal Training						