

GOLD COAST THE FACTION SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
	6:00AM - 6:50AM HIIT		8:00AM - 8:50AM KETTLEBELLS			
		9:00AM - 9:50AM BODY WEIGHT			9:30AM - 10:20AM HIIT	
LUNCHTIME						
						10:30AM - 11:20AM HIIT
EVENING						
4:00PM - 4:50PM KETTLEBELLS						
			5:30PM - 6:20PM STRENGTH	5:00PM - 5:50PM BODYWEIGHT		
6:00PM - 6:50PM HIIT	6:00PM - 6:50PM HIIT	6:00PM - 6:50PM HIIT	6:00PM - 6:50PM KETTLEBELLS			
	7:00PM - 7:50PM FIGHT					

THE FACTION: A FITNESS FORMULA CLUBS UPRISING

- Serious group workouts on the turf.
- Coaches that motivate and inspire.
- Real time performance feedback with a heart rate monitor.
- Progress tracking through monthly performance testing.
- Compete against others (and yourself) to perform at your best.

PERFORMANCE CENTER TRAINING POLICIES:

1. Must have a MYZONE strap to participate.
2. Please be on time for class.
3. Please stay for the full length of the class.
4. Please return all equipment to its proper storage area.
5. Please refrain from using perfume or chewing gum while exercising.
6. FFC reserves the right to make any changes to the schedule at any time.
7. Please inform the instructor of any medical conditions before class.

UNLIMITED WORKOUTS ONLY \$99/MONTH!

FFC.COM/FACTION