

# SWELL GROUP TRAINING

## MULTILEVEL

### SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	8:30 AM	7:00 AM	8:30 AM	7:00 AM
	1:00 PM	9:00 AM	1:00 PM	

**MULTILEVEL** - FOR ALL FITNESS LEVELS, FOCUSING ON STRENGTHENING THE ENTIRE BODY AND IMPROVING BALANCE AND STABILITY