



**BELL FITNESS**

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**4850 N LITCHFIELD ROAD, SUITE 106**  
**LITCHFIELD PARK, AZ 85340**  
 ☎ **(623) 536-2537**

	<b>LOWER BODY MONDAY</b>	<b>TABATA TUESDAY</b>	<b>UPPER BODY WEDNESDAY</b>	<b>TABATA THURSDAY</b>	<b>TOTAL BODY FRIDAY</b>	<b>HIIT ADVANCED SATURDAY</b>	<b>REST DAY SUNDAY</b>
<b>AM SESSIONS</b>	5:30 – 6:00 6:15 – 6:45  6:50 – 7:20 BOOMERS  7:30 – 8:00 8:30 – 9:00 9:30 – 10:00	5:30 – 6:00  7:30 – 8:00  8:30 – 9:00  9:30 -10:00	5:30 – 6:00 6:15 – 6:45  6:50 – 7:20 BOOMERS  7:30 – 8:00 8:30 – 9:00 9:30 – 10:00	5:30 – 6:00  7:30 – 8:00  8:30 – 9:00  9:30 -10:00	5:30 – 6:00 6:15 – 6:45  6:50 – 7:20 BOOMERS  7:30 – 8:00 8:30 – 9:00 9:30 – 10:00	8:00 – 9:00  9:15 – 10:15	<b>CLOSED</b>
<b>PM SESSIONS</b>	4:30 – 5:00 5:15 – 5:45 6:00 – 6:30 6:40 – 7:10	4:30 – 5:00 5:15 – 5:45 6:00 – 6:30 6:40 – 7:10	4:30 – 5:00 5:15 – 5:45 6:00 – 6:30 6:40 – 7:10	4:30 – 5:00 5:15 – 5:45 6:00 – 6:30 6:40 – 7:10	4:30 – 5:00 5:15 – 5:45 6:00 – 6:30	<b>NO PM SESSIONS</b>	