



2016 FALL SCHEDULE

Sessions are subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15am	Metabolic	Strength	Metabolic	Strength	Metabolic	7:00am	Strength	Strength
6:15am	Metabolic	Strength	Metabolic	Strength	Metabolic	8:00am	Strength	Metabolic
8:00am	Metabolic	Strength	Metabolic	Strength	Metabolic	9:00am	Strength	Strength
9:15am	Metabolic	Strength	Metabolic	Strength	Metabolic	10:00am	Strength	Metabolic
4:00pm	Metabolic	Strength	Metabolic	Strength	Metabolic			
5:00pm	Metabolic	Strength	Metabolic	Strength	Metabolic			
6:00pm	Metabolic	Strength	Metabolic	Strength	Metabolic			
7:00pm	Metabolic	Strength	Metabolic	Strength	Metabolic			
8:00pm	Metabolic	Strength	Metabolic	Strength				



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