



MARCH

541 Main Street | West Creek, NJ @TridentFnP #TridentFnP


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#MARCHMADNESS

UNLIMITED TRAINING THE ENTIRE MONTH

SIGN UP BY MAR 15 AND PAY \$10

OVER 80 CLASSES 7 DAYS PER WEEK

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|---------------------|-------------------|---------------------|-------------------|----------------------------|---|--------------------|
| 5am | KETTLEBELL KRUSH | HIGH POWERED HIIT | MUSCLE MANIA | FULL BODY BLAST | MEDBALL MADNESS | | |
| 6am | HIGH POWERED HIIT | MUSCLE MANIA | FULL BODY BLAST | MEDBALL MADNESS | KETTLEBELL KRUSH | | |
| 7am | MUSCLE MANIA | FULL BODY BLAST | MEDBALL MADNESS | KETTLEBELL KRUSH | HIGH POWERED HIIT | KICKBOXING FITNESS | |
| 8am | FULL BODY BLAST | MEDBALL MADNESS | KETTLEBELL KRUSH | HIGH POWERED HIIT | MUSCLE MANIA | FULL BODY BLAST | SUNDAY SKILLZ |
| 9am | MEDBALL MADNESS | KETTLEBELL KRUSH | HIGH POWERED HIIT | MUSCLE MANIA | FULL BODY BLAST | STEP UP SATURDAY | SUNDAY FUNDAY |
| 10am | KETTLEBELL KRUSH | HIGH POWERED HIIT | KICKBOXING FITNESS | HIGH POWERED HIIT | MUSCLE MANIA | | SPIN |
| 11am | <i>SILVER SWEAT</i> | KIDS PROGRAM | <i>SILVER SWEAT</i> | KIDS PROGRAM | <i>SILVER SWEAT</i> | | |
| 12pm | HIGH POWERED HIIT | | FULL BODY BLAST | | KICKBOXING FITNESS | | SPORTS PERFORMANCE |
| 1pm | | | | | | KIDS PROGRAM | SPORTS PERFORMANCE |
| 2pm | | | | | | SPORTS PERFORMANCE | |
| 3pm | KETTLEBELL KRUSH | HIGH POWERED HIIT | MUSCLE MANIA | FULL BODY BLAST | MEDBALL MADNESS | SPORTS PERFORMANCE | KIDS PROGRAM |
| 4pm | HIGH POWERED HIIT | MUSCLE MANIA | FULL BODY BLAST | MEDBALL MADNESS | KETTLEBELL KRUSH | | |
| 5pm | MUSCLE MANIA | KETTLEBELL KRUSH | MEDBALL MADNESS | KETTLEBELL KRUSH | HIGH POWERED HIIT |  <p>Police Unity Tour #StepUpForaCause</p> | |
| 6pm | FULL BODY BLAST | MEDBALL MADNESS | KETTLEBELL KRUSH | HIGH POWERED HIIT | MUSCLE MANIA | | |
| 7pm | MEDBALL MADNESS | KETTLEBELL KRUSH | HIGH POWERED HIIT | MUSCLE MANIA | F-BOMB FRIDAY | | |
| 8pm | KETTLEBELL KRUSH | HIGH POWERED HIIT | ADVANCED KICKBOXING | FULL BODY BLAST | <i>*every other Friday</i> | | |



Interested in being a Challenge Sponsor? Contact Carolyn @609.857.3135