



# G-Werx® Fitness Program Schedule

## 50<sup>TH</sup> & BRYANT Location

FORMAT	TIME OF DAY	MON	TUE	WED	THU	FRI
2-60	6:00 am - 7:00 am		Upper-Lower Body Combo		Upper-Lower Body Combo	
2-60	7:05 am - 8:05am		Upper-Lower Body Combo		Upper-Lower Body Combo	
2-60	8:10 am - 9:10am		Upper-Lower Body Combo		Upper-Lower Body Combo	
3-60	6:00 am - 7:00 am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-60	7:30 am - 8:30 am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-60	9:00 am - 10:00am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-60	10:05 am - 11:05am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders
3-45	4:50 pm - 5:35 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders	
3-60	5:45 pm- 6:45 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders	
3-60	7:00 pm-8:00 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders	
FREE CONSULT		Book Online	Book Online	Book Online	Book Online	Book Online
MORNING SESSIONS				AFTERNOON & EVENING SESSIONS		
<b>Book Consult Online <a href="http://www.gwerx.com">www.gwerx.com</a></b>						

**YOUR Safety & Success is OUR Goal! You are #1 at G-Werx!**

G-Werx has won numerous awards and has improved the lives of many people just like you. Our Patented System has a **15+ year proven track record** in the Twin Cities. We would love to help you! Contact us to learn more.

**612-345-5455 - [info@gwerx.com](mailto:info@gwerx.com)**

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