



# SGT. 6

SMALL GROUP TRAINING

**TRAIN**  
*with purpose*

# @THE VILLAGE

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00 AM	✓	✓		✓	✓		
8:00 AM							
9:00 AM						✓	
10:00 AM	✓	✓		✓	✓	✓	
NOON		✓	✓	✓	✓		
5:30 PM	✓		✓		✓		
6:00 PM		✓		✓			



TRUTH IN FITNESS

- Enjoy your training in a fun, small, group environment
- Better quality of life as you work through transferable movements
- Train with purpose using our structured 6-week phases of training
- Lose fat as you focus on maximizing calorie burn
- Increase strength and performance
- High energy training sessions to motivate and uplift