

ALLOY TRAINING SCHEDULE

CBRC Hours
 Monday-Friday: 4:00am-11:00pm
 Saturday-Sunday: 7:00am-9:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Foundations	Afterburn	Foundations	Afterburn	INDUSTRIAL	
6:00am	Small Group PT		Small Group PT		Small Group PT	
8:00am					Afterburn	INDUSTRIAL STRENGTH
8:30am		Small Group PT				Small Group PT
9:00am	Small Group PT					
9:15am					Foundations	Foundations
9:30am	Afterburn	Foundations	Small Group PT Afterburn	Foundations	Small Group PT	
5:15pm	Foundations		Foundations			
5:30pm				Small Group PT		
6:00pm		Foundations				
6:30pm	Afterburn		INDUSTRIAL			



Foundations, Afterburn, & INDUSTRIAL STRENGTH: Are all held in the basketball court.

Please arrive 5 minutes prior to start as we do not accept any late participants.

Small Group PT: Are all held in the small group personal training studio upstairs by the racquetball courts.

Participants must reserve their spot online.

October 29, 2018 -
 May 18, 2019



ALLOY TRAINING PRICING

Club Hours
Monday-Friday: 4:00am-11:00pm
Saturday-Sunday: 7:00am-9:00pm

Foundations, Afterburn, & INDUSTRIAL STRENGTH: Is our Team Training sessions. (6 or more people).

A year agreement does include a FREE MYZONE heart rate belt.

	Monthly	1 Year Agreement (Monthly)
Team Training Cost	\$59	\$49

Small Group PT: Is our smaller group personal training. (2-5 people).

A year agreement does include a FREE MYZONE heart rate belt.

	Monthly	1 Year Agreement (Monthly)
Unlimited Small Group	\$180	\$150
2 x Per Week Small Group	\$120	\$99
1 x Per Week Small Group	\$80	\$65

