



October 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:10 AM	Jerry	Jerry	Andrew	Jerry	Felissa	
5:10 AM	Jerry	Jerry	Andrew	Jerry	Felissa	
6:10 AM	Jerry	Jerry	Andrew	Jerry	Felissa	
7:10 AM						Andrew
8:10 AM						Andrew
9:10 AM	Andrew	Andrew	Andrew	Phil	Phil	Andrew
10:10 AM						Andrew
12:10 PM	Andrew	Andrew	Andrew	Andrew	Phil	
3:10 PM	Andrew	Phil	Andrew	Phil	Andrew	
4:10 PM	Phil	Andrew	Phil	Andrew	Andrew	
5:10 PM	Andrew	Phil	Felissa	Andrew	Felissa	
6:10 PM	Felissa	Rob	Felissa	Rob	Felissa	
7:10 PM	Felissa	Rob	Rob	Rob		

All Workouts are subject to change without notification

Team Afterburn
 78 N. Cooper Rd. Gilbert, AZ 85233
 480-984-2876 | www.Teamafterburn.com
BURN TEST
 Tuesday, October 2nd - Tuesday January 1st



Effective Mon, Oct. 1st
 Halloween, Oct. 31st only:
 6:10pm & 7:10pm classes will be
 CANCELLED. All others are not.