

# TEAM AFTERBURN November 2018 TEAM AFTERBURN

	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	Timmy	
6:10 PM	Felissa	Rob	Felissa	Rob	Timmy	
7:10 PM	Felissa	Rob	Timmy	Rob		

All Workouts are subject to change without notification

Team Afterburn  
 78 N. Cooper Rd. Gilbert, AZ 85233  
 480-984-2876 | [www.Teamafterburn.com](http://www.Teamafterburn.com)  
**BURN TEST**  
 Tuesday, October 2nd - Tuesday January 1st



Effective Mon, Nov. 5th  
 Veterans Day, Nov 12th: 6:10am,  
 7:10am, 8:10am, 9:10am,  
 10:10am, & 12:10pm Classes Only