



Explosive Training Systems
 Tel: 201.762.2209
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ETS FIT Schedule

		Trainer
Monday		
5:45 AM - 7:00 AM	Chest and Triceps	<u>Rashid</u>
6:30 PM - 7:30 PM	Chest and Triceps	<u>Ashley</u>
Tuesday		
5:45 AM - 7:00 AM	Back and Biceps	<u>Reggie</u>
9:30 AM - 10:30 AM	Lower Body	<u>Danny Wilson</u>
6:30 PM - 7:30 PM	Back and Biceps	<u>Danny Wilson</u>
7:30 PM - 8:00 PM	Specialty Class Express Workout: Boot-Y Camp (Women Only) *Specialty Class Pass Required	<u>Danny Wilson</u>
Wednesday		
5:45 AM - 7:00 AM	No Weight Wednesday	<u>Rashid</u>
6:30 PM - 7:30 PM	No Weight Wednesday	<u>Danny Wilson</u>
7:30 PM - 8:00 PM	Specialty Class Express Workout: Mass Gains *Specialty Class Pass Required	<u>Danny Wilson</u>
Thursday		
5:45 AM - 7:00 AM	Legs and Shoulders	<u>Reggie</u>
9:30 AM - 10:30 AM	Full Body Workout	<u>Danny Wilson</u>
6:00 PM - 7:00 PM	Legs and Shoulders	<u>Rashid</u>
Friday		
5:45 AM - 7:00 AM	Full Body	<u>Rashid</u>
6:00 PM - 7:00 PM	Boxing (Boxing Gloves, Wraps and Jump Rope Required)	<u>Danny Wilson</u>
Saturday		
10:00 AM - 11:00 AM	Full Body and Endurance	<u>Reggie</u>
Sunday		
10:00 AM - 11:00 AM	Free Boot Camp (New Clients welcomed! Current Clients, bring a friend to attend class for free!)	Reggie