

# FT Southborough

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## Small Group Training Schedule

Small Group Training participants all start with a complimentary fitness consultation/ intro session. Book yours today! 508-481-5600

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	✓				✓	
8:15 AM						✓
9:45 AM	✓	✓	✓	✓	✓	
6:45 PM	✓	✓	✓	✓	✓	



21g Turnpike Road, Southborough, MA  
Call: 508-481-5600  
Visit: [www.FTSouthborough.com](http://www.FTSouthborough.com)