



## Avondale Class Schedule

(623) 444-4800

13048 W. Rancho Santa Fe Blvd.

Avondale, AZ 85392

[www.bbfitaz.com](http://www.bbfitaz.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Burn	Build	Burn	Build	Hybrid		
6:15 AM	Build	Burn	Build	Burn			
7:00 AM						Burn	
7:30 AM							
8:00 AM						Build	Hybrid
8:30 AM	Burn	Burn	Burn	Burn	Hybrid		
9:15 AM						Burn	Hybrid
10:00 AM	Build	Build	Build	Build	Hybrid		
10:30 AM						Build	
4:30 PM	Build	Build	Build	Build	Hybrid		
5:30 PM	Burn	Burn	Burn	Burn			
6:30 PM	Build	Build	Build	Build			