

CLASS SCHEDULE

BOXING - KICKBOXING - FITNESS CLASSES 1 ON 1 PERSONAL TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOXING/KICKBOXING/ FITNESS CLASS 5.30AM	BOXING/KICKBOXING/ FITNESS CLASS 5.30AM	BOXING/KICKBOXING/ FITNESS CLASS 5.30AM	BOXING/KICKBOXING/ FITNESS CLASS 5.30AM	BOXING/KICKBOXING/ FITNESS CLASS 5.30AM	BOXING/KICKBOXING/ FITNESS CLASS 7.15AM
BOXING/KICKBOXING/ FITNESS CLASS 6.30AM	BOXING/KICKBOXING/ FITNESS CLASS 6.30AM	BOXING/KICKBOXING/ FITNESS CLASS 6.30AM	BOXING/KICKBOXING/ FITNESS CLASS 6.30AM	BOXING/KICKBOXING/ FITNESS CLASS 6.30AM	BOXING/KICKBOXING/ FITNESS CLASS 8.00AM FOLLOWED BY SPARRING
BOXING/KICKBOXING/ FITNESS CLASS 5.15PM	BOXING/KICKBOXING/ FITNESS CLASS 5.15PM	BOXING/KICKBOXING/ FITNESS CLASS 5.15PM	BOXING/KICKBOXING/ FITNESS CLASS 5.15PM	STRENGTH & CONDITIONING CLASS 5.15PM	
BOXING/KICKBOXING/ FITNESS CLASS 6.00PM	BOXING/KICKBOXING/ FITNESS CLASS 6.00PM	BOXING/KICKBOXING/ FITNESS CLASS 6.00PM	BOXING/KICKBOXING/ FITNESS CLASS 6.00PM	STRENGTH & CONDITIONING CLASS 6.00PM	
BOXING/KICKBOXING/ FITNESS CLASS 6.45PM	BOXING/KICKBOXING/ FITNESS CLASS 6.45PM	BOXING/KICKBOXING/ FITNESS CLASS 6.45PM			