

Entrance is on Elder St
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HEALTH & FITNESS
STRIVING FOR HOLISTIC HEALTH

GROUP FITNESS CLASSES

BOXING

AMATEUR BOXING

HIIT (HIGH INTENSITY INTERVAL TRAINING)

PERSONAL TRAINING

YOUTH CLASSES

NUTRITION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM-7AM	BOXING TECHNIQUE	HIIT (STRENGTH)	BOXING (BAG WORK)	HIIT (STRENGTH)	BOXING (PAD WORK)		
8AM-9AM						BOXING FITNESS	
3:45PM- 4:45PM	JUNIOR BOXING		JUNIOR BOXING				
4:45PM- 5:15PM	BOXING TECHNIQUE		BOXING TECHNIQUE				
5:15PM- 6:15PM	HIIT (STRENGTH)	BOXING BAG WORK	HIIT (STRENGTH)	BOXING PAD WORK	HIIT (STRENGTH)		
6:15PM- 7:15PM				SPARRING & TECHNIQUE			

