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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

MENTORING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM-6:45AM	BOXING (Conditioning)		BOXING (Conditioning)		BOXING (Conditioning)	
8AM						HIIT (Strength)
9:15AM		BOXING (Conditioning)		BOXING (Conditioning)		8:45AM BOXING (Conditioning)
4:30PM-5PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
4PM-4:45PM		JUNIOR BOXING		JUNIOR BOXING		
5:15PM	HIIT (Strength)	BOXING (Conditioning)	HIIT (Strength)	BOXING (Conditioning)	HIIT (Strength)	
6:15PM	BOXING (Conditioning)		SPARRING			

