



CLASS SCHEDULE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MONDAY TO FRIDAY OPEN 9:30AM TO 10:00PM						
D A Y	6:00	*Good Morning Kick Start MATTHEW 6:00-6:45		*Good Morning Kick Start MATTHEW 6:00-6:45				
	7:30	*TRX Metabolic Conditioning TRAVIS 7:30-8:00		*TRX Metabolic Conditioning TRAVIS 7:30-8:00				
	9:30		*TRX Metabolic Conditioning TRAVIS 9:30-10:00		*TRX Metabolic Conditioning TRAVIS 9:30-10:00			
	9:30						Metal Mornings With Mirella 8:45-10:00	
	10:00	Pilates Davy 10:00-11:00		PILATES BRIDGETTE 10:00 – 11:00		PILATES BRIDGETTE 10:00-11:00		
	10:30		TECHNICAL BOXING KOBE 10:00-11:00		TECHNICAL BOXING KOBE 10:00-11:00		UPBEAT BOXING ISABELLE 10:00-11:30	
	11:00							
	11:30							YOGA MAHA 11:15 – 1:00
	12:00							
	12:30	*Drop 10 Bootcamp CHI 12:00-12:45		*Drop 10 Bootcamp CHI 12:00-12:45		*Drop 10 Bootcamp CHI 12:00-12:45	CIRCUIT BOX CHRISTINA 11:35-1:05	
	1:00							
	1:30						Orientation 1:10-1:40 Tori	DANCE Fitness Davy 1:30-2:30
	2:00							
	4:30					BADGE KID'S BOXING 5:00-6:00		
	5:00	*Killer Kettelbell Tori 5:00-6:00	BADGE KID'S BOXING 5:00-6:00	BADGE KID'S BOXING 5:00-6:00	*Killer Kettelbell Tori 5:00-6:00			
5:30					CARDIO/ TECHNICAL BOXING MIKAIL 6:00-7:00			
6:00	UPBEAT BOXING ALEX 6:00-7:00	CARDIO BOXING MIKAIL 6:00-7:00	CARDIO/TECH BOXING MIKAIL 6:00-7:00					
6:30				CIRCUIT BOX CHRISTINA 6:00-7:00	MUAY THAI SIMON 7:05-8:35			
7:00	TECHNICAL BOXING KOBE 7:00-8:00	UPBEAT BOXING ISABELLE 7:00-8:30	MUAY THAI SIMON 7:00-8:00					
7:30								
8:00	MUAY THAI SIMON 8:05-9:35	CARDIO/ TECHNICAL BOXING KOBE 8:30-9:30	TECHNICAL ADVANCED BOXING KOBE 8:00-9:30	ROCK & BOX MIRELLA 7:00-8:30				
8:30								
9:00								
E V E N I N G								

*Small Group Training Programs, Sign up in advance required