

		MONDAY – FRIDAY					SATURDAY			SUNDAY		
TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	TYPE	CLASS	TIME	TYPE	CLASS
OPEN GYM	05:30 – 22:00	05:30 – 22:00	05:30 – 22:00	05:30 – 22:00	05:30 – 22:00	05:30 – 22:00	07:45	BOXING	Fundamentals	09:00	BOXING	Core & Power
BOXING	06:00	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power	08:00	PERF STRENGTH	Functional	09:45	TRAIN	Full-Body
TRAIN	06:30	Lower Focus	Upper Focus	Full-Body	Glutes & Core	Chest, Back & Arms	08:30	TRAIN	Full-Body	09:45	RECOVERY	Contrast Heat Therapy
ATHLETIC PILATES							09:00	BOXING	Core & Agility	10:15	BOXING	Core & Power
BOXING	07:00	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power	09:45	TRAIN	Full-Body	11:00	TRAIN	Full-Body
PERF STRENGTH	07:00	Functional	Functional	Functional	Functional	Functional	09:45	RECOVERY	Contrast Heat Therapy	11:30	BOXING	Core & Power
TRAIN	07:30	Lower Focus	Upper Focus	Full-Body	Glutes & Core	Chest, Back & Arms	10:15	BOXING	Core & Agility	12:15	TRAIN	Full-Body
BOXING	08:10	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power	11:00	TRAIN	Full-Body	12:45	BOXING	Core & Power
RECOVERY	08:15	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy	11:30	BOXING	Core & Agility	13:30	TRAIN	Full-Body
TRAIN	08:30	Lower Focus	Upper Focus	Full-Body	Glutes & Core	Chest, Back & Arms	12:15	TRAIN	Full-Body	13:45	PERF STRENGTH	Functional
BOXING	09:20	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power	12:45	BOXING	Core & Agility	14:00	BOXING	Core & Power
TRAIN	09:30		Upper Focus		Glutes & Core	Chest, Back & Arms	13:30	TRAIN	Full-Body	14:30	TRAIN	Full-Body
ATHLETIC PILATES	09:30	Athletic Pilates		Athletic Pilates		Athletic Pilates	13:45	PERF STRENGTH	Functional	14:30	ATHLETIC PILATES	Athletic Pilates
BOXING	GROUP PT 10:30				Drills & Endurance	Core & Power	14:00	BOXING	Core & Agility	15:15	BOXING	Core & Power
TRAIN							14:30	ATHLETIC PILATES	Athletic Pilates			
BOXING	12:00	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power	15:15	BOXING	Core & Agility			
TRAIN	12:15	Lower Focus	Upper Focus	Full-Body	Glutes & Core	Chest, Back & Arms						
PERF STRENGTH												
BOXING	13:10	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals						
TRAIN	13:15		Upper Focus		Glutes & Core	Chest, Back & Arms						
ATHLETIC PILATES	13:15	Athletic Pilates		Athletic Pilates		Athletic Pilates						
BOXING	17:00	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power						
TRAIN	17:30	Lower Focus	Upper Focus	Full-Body	Glutes & Core	Chest, Back & Arms						
PERF STRENGTH	17:30	Functional	Functional	Functional	Functional	Functional						
RECOVERY	18:00	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy						
BOXING	18:10	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power						
TRAIN	18:30	Lower Focus	Upper Focus	Full-Body	Glutes & Core	Chest, Back & Arms						
PERF STRENGTH	19:00	Functional	Functional	Functional	Functional	Functional						
BOXING	19:20	Drills & Endurance	Agility & Balance	Core & Agility	Drills & Endurance	Core & Power						
TRAIN	19:30	Lower Focus	Upper Focus	Full-Body	Glutes & Core	Chest, Back & Arms						
RECOVERY	19:30	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy	Contrast Heat Therapy						