


CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:15-8:15 AM Circuit Burn		7:15-8:15 AM Circuit Burn			
	11:45 - 12:45 PM Beginner's Boxing		11:45 - 12:45 PM Beginner's Boxing		12:00 - 1:00 PM Beginner's Boxing	11:30- 12:30 PM Beginner's Boxing
4:00 - 5:00 PM After-School Fitness	4:30- 5:15 PM Youth Capoeira	4:30- 5:30 PM Youth Boxing	4:30- 5:30 PM Youth Boxing		1:15 - 2:15 PM Muay Thai Kickboxing	12:30 - 1:30 PM Circuit Burn
6:30 - 7:30 PM Beginner's Boxing	6:30 - 7:30 PM Fighter's Fitness	6:30 - 7:30 PM Beginner's Boxing	6:30 - 7:30 PM Muay Thai Kickboxing	6:00 - 7:00 PM Fighter's Fitness		
7:30 - 8:30 PM Capoeira	7:30 - 8:30 PM Boxing Class	7:45 - 8:45 PM Late Night HIIT	7:30 - 8:30 PM Boxing Class			