

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRIVATE SESSIONS	HIIT BOOTCAMP 6AM-7AM	PRIVATE SESSIONS	HIIT BOOTCAMP 6AM – 7AM	YOGA FIT 9:30AM – 10:30AM	PRIVATE SESSIONS
PRIVATE SESSIONS	KICKBOXING 10AM – 11AM	TEEN FITNESS & MARTIAL ARTS 1:30PM – 2:30PM	KICKBOXING 10AM – 11AM	PRIVATE SESSIONS	HIIT BOOTCAMP 10AM - 11AM
TEEN FITNESS & MARTIAL ARTS 3PM – 4PM	TEEN FITNESS & MARTIAL ARTS 3PM – 4PM	YOUTH FITNESS & MARTIAL ARTS 2:45PM – 3:30PM	TEEN FITNESS & MARTIAL ARTS 3PM – 4PM	PRIVATE SESSIONS	YOUTH FITNESS & MARTIAL ARTS 11:30AM – 12:30PM
YOUTH FITNESS & MARTIAL ARTS 4:15PM – 5PM	YOUTH FITNESS & MARTIAL ARTS 4:15PM – 5PM	YOUTH GIRL FITNESS & MARTIAL ARTS 4:15PM – 5PM	YOUTH FITNESS & MARTIAL ARTS 4:15PM – 5PM	PRIVATE SESSIONS	PRIVATE SESSIONS
HIIT BOOTCAMP 5:30PM – 6:30PM	WRESTLING & JIU JITSU 5:30PM – 6:30PM	HIIT BOOTCAMP 5:30PM – 6:30PM	WRESTLING & JIU JITSU 5:30PM – 6:30PM	PRIVATE SESSIONS	PRIVATE SESSIONS
101 KICKBOXING 6:30PM – 7:30PM	MUAY THAI KICKBOXING 6:30PM – 7:30PM	101 KICKBOXING 6:30PM – 7:30PM	MUAY THAI KICKBOXING 6:30PM – 7:30PM	PRIVATE SESSIONS	PRIVATE SESSIONS