



PLAYGROUND TRAINING ACADEMY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp		
6am - 7am HIIT Bootcamp	6am - 7am HIIT Bootcamp	6am - 7am HIIT Bootcamp	6am - 7am HIIT Bootcamp	6am - 7am Yoga		
8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am Yoga	8:00am - 9:30am Self Defense & MMA	
	10am - 10:45am Mini Warriors (4-5 year olds)		10am - 10:45am Mini Warriors (4-5 year olds)		10am - 10:45am Mini Warriors (4-5 year olds)	
11am - 12pm Playground Warriors (White Bandanas)	11am - 12pm Playground Warriors (White Bandanas)		11am - 12pm Playground Warriors (White Bandanas)		11am - 12pm Playground Warriors (White Bandanas)	
	12pm - 1pm Playground Warriors (Grey - Black Bandanas)		12pm - 1pm Playground Warriors (Grey - Black Bandanas)		12pm - 1pm Playground Warriors (Grey - Black Bandanas)	
4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp			
5pm - 6pm Playground Warriors (White Bandanas)		5pm - 6pm Playground Warriors (White Bandanas)	5:30pm - 6:15pm Mini Warriors (4-5 year olds)			
6pm - 7pm Playground Warriors (White Bandanas)	6pm - 7pm Playground Warriors (White Bandanas)	6pm - 7pm Playground Warriors (White Bandanas)	6:30pm - 7:30pm Playground Warriors Freestyle			
7pm - 8pm Playground Warriors (Grey - Black Bandanas)	7pm - 8pm Playground Warriors (Grey - Black Bandanas)	7pm - 8pm Playground Warriors (Grey - Black Bandanas)	7:30 - 8:30 Hardcore Calisthenics			