



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 Elite Crosstraining	6am - 7am HIIT Bootcamp	6am - 7am Elite Crosstraining	6am - 7am HIIT Bootcamp		
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 HIIT Bootcamp	8am - 9:30am Self-Defense & MMA (2nd-4th Sat. of each month)	
	10am - 10:45am Mini Warriors (4-5 year olds)				10am - 10:45am Mini Warriors (4-5 year olds)	
					11am - 12pm Playground Warriors (Beginner/Intermediate)	
	1pm - 2pm Playground Warriors (all skill levels)	3:15pm - 4pm Mini Warriors (4-5 year olds)	1pm - 2pm Playground Warriors (all skill levels)		12pm - 1pm Playground Warriors (Intermediate/Advanced)	
4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm Kickboxing			
5:30pm - 6:30pm Elite Crosstraining	6pm - 7pm Hardcore Calisthenics	5:30pm - 6:30pm Elite Crosstraining	5:30pm - 6:30pm Playground Warriors Freestyle	5:30pm - 6:30pm Playground Warriors (All Skill Levels)		
6:30pm - 7:30pm Playground Warriors (Beginner/Intermediate)	6:30pm - 7:30pm Playground Warriors (Beginner/Intermediate)	6:30pm - 7:30pm Playground Warriors (Beginner/Intermediate)				
7:30pm - 8:30pm Playground Warriors (Intermediate/Advanced)	7:30pm - 8:30pm Playground Warriors (Intermediate/Advanced)	7:30pm - 8:30pm Playground Warriors (Intermediate/Advanced)				