



OUTSIDE THE BOX

STRENGTH & CONDITIONING

CLASS TIMETABLE



	MON	TUE	WED	THUR	FRI	SAT
6AM	OTB FIT	OTB FIT	OTB FIT	OTB FIT	OTB FIT	9AM PARTNER WORKOUT
7AM	OTB FIT	OTB FIT	OTB FIT	OTB FIT	OTB FIT	
9:30AM	SWEAT		SWEAT		SWEAT	
5PM	OTB FIT	OTB FIT	OTB FIT	OTB FIT		
6PM	RUN CLUB	SWEAT	SWEAT	SWEAT	OTB FIT	
	SWEAT					
7PM	OTB FIT	OTB FIT	OTB FIT	OTB FIT		