

Effective August 1, 2018

	Mon	Tues	Wed	Thur	Fri	Sat	
5:00 AM							
5:30 AM	Box Camp		Box Camp		Box Camp		
6:00 AM	5:30-6:15		5:30-6:15		5:30-6:15		
6:30 AM							
7:00 AM		Open Gym (Workout of the Day) 7:00-1:00		Open Gym (Workout of the Day) 7:00-1:00			
7:30 AM							
8:00 AM	Fight & Flow				Box Camp		
8:30 AM	8:00-8:45				8:00-8:45		
9:00 AM	PAXfit (Bootcamp)				PAXfit (Bootcamp)		PAXfit (Bootcamp)
9:30 AM	9:00-9:45		9:00-9:45		9:00-9:45	9:00-9:45	
10:00 AM						Box Camp	
10:30 AM						10:00-10:45	
11:00 AM							
11:30 AM							
12:00 PM	Lunch Box		Ass N' Abs		Lunch Box		
12:30 PM	12:15-12:45		12:15-12:45		12:15-12:45		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Box Camp	Open Gym (Workout of the Day) 4:30-7:00		Open Gym (Workout of the Day) 4:30-7:00			
5:00 PM	4:45-5:30						
5:30 PM	Box Camp				Box Camp		Friday Beatdown
6:00 PM	5:45-6:30		5:30-6:15		5:30-6:15		
6:30 PM			Hot Box				
7:00 PM			6:30-7:00				
7:30 PM							
8:00 PM							

Open gym registration closes 45 minutes prior to the time shown above.