

Effective December 3, 2018

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

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