

Effective June 3, 2019						
	Mon	Tues	Wed	Thur	Fri	Sat
5:00 AM						
5:30 AM	BoxCamp 5:30-6:15		RISE & GRIND (HIIT) 5:30-6:15		BoxCamp 5:30-6:15	
6:00 AM						
6:30 AM		PaxPOWER 6:30-7:15		PaxPOWER 6:30-7:15		
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM		BoxCamp 8:30-9:15		BoxCamp 8:30-9:15		
9:00 AM	PAXfit (Bootcamp) 9:00-9:45		PAXfit (Bootcamp) 9:00-9:45		PAXfit (Bootcamp) 9:00-9:45	BoxCamp 9:00-9:45
9:30 AM						
10:00 AM						BoxCamp 10:00-10:45
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Lunch Box 12:15-12:45	PaxPOWER 12:15-12:45	Total Body TRX 12:15-12:45	PaxPOWER (Bootcamp) 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	PaxPower 4:45-5:30	BoxCamp 4:30-5:15		BoxCamp 4:30-5:15		
5:00 PM						
5:30 PM	BoxCamp 5:45-6:30	PaxPower 5:30-6:15	BoxCamp 5:30-6:15	PaxPower 5:30-6:15	Friday Beatdown 5:30-6:15	
6:00 PM						
6:30 PM			HotBox 6:30-7:00			
7:00 PM						
7:30 PM						
8:00 PM						