

Start Time	Time Blocks
5:00 AM	1h



F I G H T I N G C O M E S F I R S T
F I T N E S S

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		Lower Body Boxing 5:15 - 6:00am	Full Body Boxing 5:15- 6:00am	Fight Circuit Conditioning 5:15 - 6:00am	Upper Body Boxing 5:15- 6:00am	FCF HIIT 5:15 6:00am	
6:00 AM		Small Group Training 6:00am -7:00am	Small Group Training 6:00am -7:00am	Small Group Training 6:00am -7:00am	Small Group Training 6:00am -7:00am	Small Group Training 6:00am -7:00am	
7:00 AM		Upper Body Boxing 7:00-7:45pm		Fight Circuit Conditioning 7:00am - 7:45am		FCF HIIT 7:00 - 7:45am	
8:00 AM							Fight Circuit Conditioning 9:00-9:45am
9:00 AM		Battle Round Boxing 9:30am-10:00am	FCF HIIT 9:30-10:15am		Lower Body Boxing 9:30am-10:15am	Battle Round Boxing 9:30am-10:00am	
10:00 AM							Cake Factory Boxing 10:00am - 11:00am
11:00 AM							
12:00 PM				FCF HIIT 12:00pm - 12:45pm		Full Body Boxing 12:00pm - 12:45pm	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM			Kids Class 4:30-5:15pm		Kids Class 4:30-5:15pm		
5:00 PM		Battle Round Boxing 5:15-5:45	Lower Body Boxing 5:15- 6:00pm	Battle Round Boxing 5:15-5:45	Upper Body Boxing 5:15- 6:00pm	Battle Round Boxing 5:30pm-6:00pm	
6:00 PM		Cake Factory Boxing 6:00pm - 7:00pm	Fight Circuit Conditioning 6:00pm - 6:45pm	Cake Factory Boxing 6:00pm - 7:00pm	FCF HIIT 6:00pm - 6:45pm		
7:00 PM							