



# Group Personal Training

## April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3/29	3/30	3/31	1	2	3
	9:30a Boxing 5p Boxing 5:45p Kickboxing 6:40p 1000 Reps	9:30a Total Tabata 5p Core Training 5:45p Total Tabata 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p Zumba 6:30p Boxing	9:30a Yoga Flow 5p Kettlebell complex 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon	8:30a Boxing 9:30a Boxing
4	5	6	7	8	9	10
<b>Holiday No class</b>	9:30a Boxing 5p Boxing/ barbells 5:45p SWEAT 6:40p Strength trng	9:30a Total Tabata 5p STEP basics 5:45p Core Training 6:30p Bootcamp	9:30a Boxing 5p Box Tabata 5:45p Ripped	9:30a Yoga Flow 5p Leg Day training 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon  5:30p Boxer's Bootcamp	8:30a Cardio Mix 9:30a Boxing <b>11a Jr Boxing Class*</b>
11	12	13	14	15	16	17
9a Full Body <b>Sunday Sessions</b> (full body training)	9:30a Boxing 5p Kickbox Tabata 5:45p Sprint drills 6:40p Strength trng	9:30a Total Tabata 5p Upper body trng 5:45p Core Training 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p Zumba 6:30p Boxing	9:30a Yoga Flow 5p Core Training 5:45p SWEAT 6:30p Yoga Flow	Personal Training 8a – 12 noon	8:30a Cardio Mix 9:30a Boxing
18	19	20	21	22	23	24
9a <b>Sunday Sessions</b> (full body training)	9:30a Boxing 5p Boxing 5:45p Step Basics 6:40p Boxing	9:30a Suspension Training 5p Suspension Training 5:45p Core Tabata 6:30p Pure Cardio	9:30a Kickboxing 5p Kickbox Tabata 5:45p Dirty 30 6:30p Boxing	9:30a Yoga Flow 5p MetCon Strength 5:45p Core Training 6:30p Yoga Flow	<b>5:30pm Boxer's Bootcamp</b>	8:30a Cardio Mix 9:30a Boxing <b>11a Jr Boxing Class*</b>
25	26	27	28	29	30	
9a <b>Sunday Sessions</b> (full body training)	9:30a Boxing 5p Boxing 5:45p SWEAT 6:40p 1000 Reps	9:30a Total Tabata 5p STEP basics 5:45p Core Training 6:30p Bootcamp	9:30a Box Tabata 5p Box Tabata 5:45p Zumba	9:30a Yoga Flow 5p Leg Day training 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon	