

# Group Personal Training December 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2 10a Boxing 11am Boxing	3 930a/415p/5p Boxing 545p Boxing 630p RIPPED 715p Bodyweight training	4 9:30a/4:15p/5p/5:45p HIIT Training 6:30p POUND 7:15p Step Aerobics	5 <b>No Morning Class</b> 5p Boxing 5:45p Full Body Training 6:30p PURE CARDIO 7:15p Zumba	6 9:30a/ 5p/ 545p Kettlebell Complex 630p Yoga Flow 7:15p Kettlebell Complex	7 Personal Training 8a – 12 noon	1 <sup>st</sup> /8 <sup>th</sup> 8am Full Body Training 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing
9 10a Boxing 11am Boxing	10 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED 715p Bodyweight training	11 9:30a/4:15p/5p/5:45p HIIT Training 6:30p POUND 7:15p Step Aerobics	12 9:30a HIIT Max Training 5p Boxing 5:45p Full Body Training 6:30p PURE CARDIO 7:15p Zumba	13 9:30a/ 5p/ 545p Tough it out 630p Yoga Flow 7:15p Total body Tabata	14 Personal Training 8a – 12 noon	15 8am 1000 Reps 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing
16 10a Boxing 11am Boxing	17 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED 715p Bodyweight training	18 9:30a/4:15p/5p/5:45p Full Body Training 6:30p POUND 7:15p Step Aerobics	19 9:30a Yoga Flow 5p Boxing 5:45p HIIT Max Training 6:30p PURE CARDIO 7:15p Zumba	20 9:30a/ 5p/ 545p Kettlebell Complex 630p Yoga Flow 7:15p Total body Tabata	21 Personal Training 8a – 12 noon	22 8am Full Body Training 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing
23 10a Boxing 11am Boxing	24 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED	25 <b>NO CLASSES</b>	26 <b>NO CLASSES</b>	27 9:30a/ 5p/ 545p Tough it out 630p Yoga Flow 7:15p 1000 Reps	28 Personal Training 8a – 12 noon	29 8am Full Body Training 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing
30 10a Boxing 11am Boxing	31 <b>RIPPED</b> <b>9:45am</b>					