



Group Personal Training

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	1&8/21	2&9/21
	9:30a Boxing 5p Boxing 5:45p MetCon 6:40p Pure Cardio	9:30a Total Tabata 5p Core Training 5:45p Yoga flow 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p Yoga Booty 6:45p Boxing	9:30a Yoga Flow 5p STEP basics 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon	8:30a Boxing 9:30a Boxing
10	11	12	13	14	15	16
9a Full Body Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p MetCon 6:40p RIPPED	9:30a Total Tabata 5p Yoga Flow 5:45p Core Training 6:30p TrapBoxing	9:30a Boxing 5p HIIT training 5:45p Boxing 6:30p Insanity	9:30a Yoga Flow 5p Metcon 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon 5:30pm Boxing	8:30a Boxing 9:30a Boxing 11a Jr Boxing Class*
17	18	19	20	21	22	23
9a Full Body Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p Insanity 6:45p RIPPED	9:30a Total Tabata 5p Core Training 5:45p Yoga Flow 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p HIIT training 6:30p Boxing	9:30a Dirty 30 5p Core Training 5:45p Fit Test 6:30p Yoga Flow	Personal Training 8a – 12 noon 5:30pm Boxing	NO CLASSES
24	25	26	27	28	29	29
9a Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p Insanity 6:40p Boxing	9:30a Suspension Training 5p Suspension Training 5:45p Total Tabata 6:30p TrapBoxing	9:30a Kickboxing 5p Kickboxing 5:45p Dirty 30 6:30p Boxing	9:30a Yoga Flow 5p Metcon 5:45p Core Training 6:30p Yoga Flow	No Classes	8:30a Boxing 9:30a Boxing
30 9a Sunday Sessions (full body training)	31 9:30a Boxing 5p Boxing 5:45p Kickboxing 6:40p 1000 Reps					

