



Group Personal Training

July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6/27	6/28	6/29	6/30	1	2	3
9a Full Body Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p Kickboxing 6:40p 1000 Reps	9:30a Total Tabata 5p Core Training 5:45p Kettlebell cmplx 6:30p Car Pushing	9:30a Boxing 5p Boxing 5:50p RIPPED	9:30a Yoga Flow 5p Kettlebell complex 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
4	5	6	7	8	9	10
9a Full Body Sunday Sessions (full body training)	RIPPED @ 10am	9:30a Total Tabata 5p Core Tabata 5:45p STEP Tabata 6:30p Upper body strg	9:30a Boxing 5p Box Tabata 5:45p Cardio Boxing	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 RIPPED 9:30a Boxing 11a Jr Boxing Class*
11	12	13	14	15	16	17
Sunday Sessions (full body training)	9:30a Boxing 5p Kickbox Tabata 5:45p Sprint drills 6:40p Strength trng	9:30a Suspension Training 5p Core Training 5:45p MetCon 6:30p Car Pushing	9:30a Boxing 5p Boxing 5:50p Zumba	9:30a Yoga Flow 5p Core Training 5:45p SWEAT 6:30p Yoga Flow	Personal Training 8a – 12 noon 5:30p Boxer's Bootcamp	8:30a Cardio Mix 9:30a Boxing
18	19	20	21	22	23	24
NO CLASS	9:30a Boxing 5p Boxing 5:45p Step Basics 6:40p Boxing	9:30a BootCamp 5p Core Tabata 5:45p Upper Body trng 6:30p Pure Cardio	9:30a Kickboxing 5p Kickbox Tabata 5:45p RIPPED	9:30a Yoga Flow 5p MetCon Strength 5:45p Core Training 6:30p Yoga Flow	5:30pm Boxer's Bootcamp	8:30a RIPPED 9:30a Boxing
25	26	27	28	29	30	31
9a Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p SWEAT 6:40p 1000 Reps	9:30a Total Tabata 5p Core Tabata 5:45p Kettlebell complex 6:30p Car Pushing	9:30a Box Tabata 5p Box Tabata 5:45p Cardio Mix	9:30a Yoga Flow 5p Leg Day training 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon	8:30a Cardio Mix 9:30a Boxing