

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	Challenge Yourself To Be Better					1	2
3 10a Boxing 11am Boxing	4 930a Strength Training 4p Suspension Training 5:45p Interval Training 6:30p RIPPED	5 4P Circuit Training 545 Strength Training 630 Boxing	6 530/930a Body Weight 545p Body Weight Training 630p RIPPED	7 4/545p Circuit Training 630p STEP Aerobics	8 5:30/ 9:30 a BOXING	9 8a Total Body Toning 8:30a Boxing 9:30a RIPPED	8:30a E.G.T. 9:30a RIPPED 11:15a Boxing
10 10a Boxing 11am Boxing	11 930a Kettlebell Complex 4p Strength Training 545p Boxing 6:30p RIPPED	12 4/ 545/ 6:30p Kettlebell Complex	13 5:30/ 930a Tabata Sprint drills 545p Yoga Booty 6:30p TRAPboxing	14 4p Resistance Band Trng 545 suspension training 630p STEP Aerobics	15 5:30/ 9:30 a BOXING	16 8a Total Body Toning 8:30a E.G.T. 9:30a RIPPED 11:15a Boxing	
17 10a Boxing 11am Boxing	18 930a 1000 Reps 4p Resistance Band trng 5:45p Boxing 6:30p RIPPED	19 4/ 5:45p Core/ ab blaster 630p Yoga Flow	20 530a/930a/545p/630p Tough it out	21 4/545p HIIT 6:30p STEP Aerobics	22 5:30a BOXING	23 NO CLASSES	
24 <u>NO CLASSES</u>	25 930a Kettlebell Complex 4p Strength Training 545p/630p Full Body Blitz	26 4/ 545/ 6:30p HIIT Group Training	27 10a Strength Training 545p Tabata Plyometric 630p RIPPED	28 4/ 5:45p 1000 Reps 6:30p Bounce Fitness Class \$20 per person	29 5:30/ 9:30 a BOXING	30 8a Total Body Toning 830a E.G.T. 930a RIPPED 11:15a Boxing	

E.G.T. Elite Group Training format developed by J. Mixson. The goal is to sculpt and tone the body while reducing any undesired body fat. The work is tough & intense at time but fair "You can do this...Simple Stuff" The Jamey!