

# Group Personal Training

## June 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>3</p> <p>545a BOXING 930a/415p/5p/ 545 Boxing 630p RIPPED 630P Trng Camp: Strength (2 classes)</p>	<p>4</p> <p>9:30a/4:15p/5p HIIT 545p Trng Camp: Cardio 6:30p POUND 7:25p Total Body Tabata</p>	<p>5</p> <p>9:30a/ 5p/ 545p Boxing 6:30p Zumba 7:25p RIPPED</p>	<p>6</p> <p>9:30a/ 5P HIIT 545p Trng Camp: total body 630p Yoga Flow 7:25p Pure Cardio</p>	<p>7</p> <p>Personal Training 8a – 12 noon</p>	<p>1<sup>st</sup>/ 8<sup>th</sup></p> <p>830a POUND 930a RIPPED 1040a Boxing</p>
<p>2<sup>nd</sup>/9<sup>th</sup></p> <p>930a Boxing 1020am Boxing</p>	<p>10</p> <p>930a/415p/5p/ 545 Boxing 630p RIPPED 630P Trng Camp: Strength (2 classes)</p>	<p>11</p> <p>9:30a HIIT Training <b>545p Trng Camp: Cardio</b> 6:30p POUND 7:25p Yoga Flow</p>	<p>12</p> <p>9:30a/ 5p/ 545p Boxing 6:30p Zumba 7:25p RIPPED</p>	<p>13</p> <p>9:30a/ 415p/ 5p 545p Trng Camp: total body 630p Yoga Flow 7:15p STEP Aerobics</p>	<p>14</p> <p>Personal Training 8a – 12 noon</p>	<p>15</p> <p>830a POUND 930a RIPPED 1040a Boxing</p>
<p>16</p> <p>930a Boxing 1020am Boxing</p>	<p>17</p> <p>930a/415p/5p/ 545 Boxing 630p RIPPED 630P Trng Camp; Strength (2 classes)</p>	<p>18</p> <p>9:30a/ 5p HIIT 5:45p <b>Trng Camp: Cardio</b> 6:30p POUND 7:25p 1000 Reps</p>	<p>19</p> <p>9:30a/ 5p/ 545 Boxing 6:30p Zumba 7:25p STEP Aerobics</p>	<p>20</p> <p>9:30a HIIT 545p Trng Camp: total body 630p Yoga Flow 7:25p Pure Cardio</p>	<p>21</p> <p>Personal Training 8a – 12 noon</p>	<p>22</p> <p>830a POUND 930a RIPPED 1040a Boxing</p>
<p>23</p> <p>930a Boxing 1020am Boxing</p>	<p>24</p> <p>930a/415p/5p/ 545 Boxing 630p RIPPED 630P Trng Camp: Strength (2 classes)</p>	<p>25</p> <p>9:30a/4:15p/5p HIIT 5:45p Trng Camp: Cardio 6:30p POUND 7:25p Yoga Flow</p>	<p>26</p> <p>9:30a/ 5p/545 Boxing 6:30p Zumba 7:25p RIPPED</p>	<p>27</p> <p>9:30a/ 415p/5p 1000 rep 5:45p Trng Camp: total body 630p Yoga Flow 7:25p STEP Aerobics</p>	<p>28</p> <p>Personal Training 8a – 12 noon</p>	<p>29</p> <p>830a POUND 930a RIPPED 1040a Boxing</p>
<p>30</p> <p>930a Boxing 1020am Boxing</p>	<p>27</p> <p>930a/415p/5p/ 545 Boxing 630p RIPPED 630P Trng Camp: Strength (2 classes)</p>	<p>28</p> <p>9:30a/4:15p/5p HIIT 5:45p Trng Camp: Cardio 6:30p POUND 7:25p Total Body Tabata</p>	<p>29</p> <p>9:30a/ 5p/ 545p Boxing 6:30p Zumba 7:25p RIPPED</p>	<p>30</p> <p>9:30a HIIT 545p Training Camp 630p Yoga Flow 7:25p Pure Cardio</p>		