

Group Personal Training

March 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3	4	5	6	7	1 st / 8 th	2 nd / 9 th
10a Boxing 11am Boxing	930a/415p/5p/ 545 Boxing 630p RIPPED 630P Training Camp (2 classes)	9:30a/4:15p/5p HIIT 545p Training Camp 6:30p POUND 7:15p Total Body Tabata	9:30a/ 5p/ 545p Boxing 6:30p Zumba 7:15p RIPPED	9:30a/ 5p Kettlebells 545p TRAINING CAMP 630p Yoga Flow 7:15p Training Camp (Strength)	Personal Training 8a – 12 noon	830a POUND 930a RIPPED 1040a Boxing 1130a Boxing
10 10a Boxing 11am Boxing	930a/415p/5p/ 545 Boxing 630p RIPPED 630P Training Camp (2 classes)	9:30a/4:15p/5p HIIT 545p Training Camp 6:30p POUND 7:15p Total Body Tabata	9:30a/ 5p/ 545p Boxing 6:30p Zumba 7:15p RIPPED	14 9:30a/ 5p Tough it out 545p Training Camp 630p Yoga Flow 7:15p Boxing	15 Personal Training 8a – 12 noon	16 830a POUND 930a RIPPED 1040a Boxing 1130a Boxing
17 10a Boxing 11am Boxing	930a/415p/5p/ 545 Boxing 630p RIPPED 630P Training Camp (2 classes)	19 9:30a/4:15p/5p HIIT 5:45p Training Camp 6:30p POUND 7:15p Total Body Tabata	20 9:30a/ 5p/ 545 Boxing 6:30p Zumba 7:15p RIPPED	21 9:30a/ 5p Kettlebells 545p Training Camp 630p Yoga Flow 7:15p Training Camp (Strength)	22 Personal Training 8a – 12 noon	23 830a POUND 930a RIPPED 1040a Boxing 1130a Boxing
24 10a Boxing 11am Boxing	25 930a/415p/5p/ 545 Boxing 630p RIPPED 630P Training Camp (2 classes)	26 9:30a/4:15p/5p HIIT 5:45p Training Camp 6:30p POUND 7:15p Total Body Tabata	27 9:30a/ 5p/545 Boxing 6:30p RIPPED 7:15p Zumba	28 9:30a/ 5p Kettlebells 5:45p Training Camp 630p Yoga Flow 7:15p Boxing	29	30 830a POUND 930a RIPPED 1040a Boxing 1130a Boxing
31 10a Boxing 11am Boxing						