



# Group Personal Training May 2021

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