

NFB Fitness Weekly Group Training

Sunday	10am	Sculpt 45 w/ POWER Finisher
Monday	6:15a	BOX 45
	9:30a	BOX 45
	5P	BOX 45
	6p	BOX 45
Tuesday	6:15a	BOX 45
	9:30a	Sculpt 45
	5p	Sculpt 45
	6p	Sculpt 45
Wednesday	6:15a	BOX 45
	9:30a	BOX 45
	5p	BOX 45
	6p	BOX 45
Thursday	9:30a	Yoga Flow
	5p	Sculpt 45
	6P	Sculpt 30
	6:40p	Yoga Flow
Friday	5p	BOX 45
	6p	BOX 45
Saturday	8:30a	BOX 45
	9:30a	BOX 45

*BOX 45 dynamic blend of boxing training: heavy bag work/ HIIT training
(Boxing gloves required)

*Sculpt 45 Full body training: strength, power, endurance, and core