

Group Personal Training

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/1	2	3	4	5	6	7
9a Full Body Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p STEP Basics 6:30p Boxing	9:30a Total Tabata 5p Core Training 5:45p Yoga flow 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p Yoga Booty 6:45p Boxing	9:30a Yoga Flow 5p Metcon 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon 5:30pm Boxing	8:30a Boxing 9:30a Boxing
8	9	10	11	12	13	14
9a Full Body Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p STEP Basics 6:40p Boxing	9:30a Total Tabata 5p Yoga Flow 5:45p Core Training 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p HIIT training 6:45p Boxing	9:30a Yoga Flow 5p Metcon 5:45p Core Training 6:30p Yoga Flow	Personal Training 8a – 12 noon 5:30pm Boxing 6:15pm Boxing	No Classes
15	16	17	18	19	20	21
9a Full Body Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p Kickboxing 6:45p RIPPED	9:30a Total Tabata 5p Core Training 5:45p Yoga Flow 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p HIIT training 6:45p Boxing	9:30a Metcon 5p Core Training 5:45p Fit Test 6:30p Yoga Flow	Personal Training 8a – 12 noon 5:30pm Boxing 6:15pm Boxing	No Classes
22	23	24	25	26	27	28
9a Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p Dirty 30 6:45p Boxing	9:30a Yoga Flow 5p Core Training 5:45p Total Tabata 6:30p TrapBoxing	9:30a Boxing 5p Boxing 5:45p Yoga Flow	Thanksgiving Box-a-thon 9:30a 10:30a	No Classes	8:30a Boxing 9:30a Boxing
29	30					
9a Sunday Sessions (full body training)	9:30a Boxing 5p Boxing 5:45p Kickboxing 6:45p RIPPED					

