

Group Personal Training October 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>1</p> <p>6am Step Aerobics 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED 715p Bodyweight training</p>	<p>2</p> <p>6a Boxing 9:30a/4:15p/5p/5:45p Full Body Training 6:30p Yoga Flow 7:15p Step Aerobics</p>	<p>3</p> <p>9:30a Yoga Flow 5p Boxing 5:45p Full Body Training 6:30p PURE CARDIO 7:15p Zumba</p>	<p>4</p> <p>9:30a/ 5p/ 545p Kettlebell Complex 630p Yoga Flow 7:15p Total body Tabata</p>	<p>5</p> <p>Personal Training 8a – 12 noon</p>	<p>6</p> <p>8am Full Body Training 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing</p>
<p>7</p> <p>10a Boxing 11am Boxing</p>	<p>8</p> <p>6am Step Aerobics 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED 715p Bodyweight training</p>	<p>9</p> <p>6a Boxing 9:30a/4:15p/5p/5:45p HIIT Training 6:30p Core/ Ab blaster 7:15p Step Aerobics</p>	<p>10</p> <p><u>9:30a NO Morning Class</u> 5p Boxing 5:45p Full Body Training 6:30p PURE CARDIO 7:15p Zumba</p>	<p>11</p> <p>9:30a/ 5p/ 545p Tough it out 630p Yoga Flow 7:15p Total body Tabata</p>	<p>12</p> <p>Personal Training 8a – 12 noon</p>	<p>13</p> <p>8am 1000 Reps 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing</p>
<p>14</p> <p>10a Boxing 11am Boxing</p>	<p>15</p> <p>6am Step Aerobics 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED 715p Bodyweight training</p>	<p>16</p> <p>6a Boxing 9:30a/4:15p/5p/5:45p Full Body Training 6:30p Yoga Flow 7:15p Step Aerobics</p>	<p>17</p> <p>9:30a Yoga Flow 5p Boxing 5:45p Full Body Training 6:30p PURE CARDIO 7:15p Zumba</p>	<p>18</p> <p>9:30a/ 5p/ 545p Tough it out 630p Yoga Flow 7:15p Total body Tabata</p>	<p>19</p> <p>Personal Training 8a – 12 noon</p>	<p>20</p> <p>8am Full Body Training 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing</p>
<p>21</p> <p>10a Boxing 11am Boxing</p>	<p>22</p> <p>6am Step Aerobics 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED 715p Bodyweight training</p>	<p>23</p> <p>6a Boxing 9:30a/4:15p/5p/5:45p HIIT Training 6:30p Core/ Ab Blaster 7:15p Step Aerobics</p>	<p>24</p> <p>9:30a Tough it out 5p Boxing 5:45p Full Body Training 6:30p PURE CARDIO 7:15p Zumba</p>	<p>25</p> <p>9:30a/ 5p/ 545p Tough it out 630p Yoga Flow 7:15p Total body Tabata</p>	<p>26</p> <p>Personal Training 8a – 12 noon</p>	<p>27</p> <p>8am 1000 Reps 830a POUND 930a RIPPED 1040a Boxing 1115a Boxing</p>
<p>28</p> <p>10a Boxing 11am Boxing</p>	<p>29</p> <p>6am Step Aerobics 930a/415p/5p Boxing 545p Bodyweight training 630p RIPPED 715p Bodyweight training</p>	<p>30</p> <p>6a Boxing 9:30a/4:15p/5p/5:45p HIIT Training 6:30p Core/ Ab blaster 7:15p Step Aerobics</p>	<p>31</p> <p>9:30a Yoga Flow 5p Boxing 5:45p Full Body Training 6:30p PURE CARDIO 7:15p Zumba</p>			