



# Group Personal Training

## October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9/27	9/28	9/29	9/30	10/1	10/2	10/3
	930a Boxing 5/ 545p Boxing 645p STEP Basics	9:30a/5P Total Tabata 545p Core Training 6:30p TrapBoxing	930a/5p/545p Boxing & Body 645p Yoga Booty	9:30a/ 5p Metcon 545p Core Training 630p Yoga Flow	Personal Training 8a – 12 noon	830a Boxing 930a Boxing
4	5	6	7	8	9	10
9a Full Body  11:15a *Preview Boxing class	930a Boxing 5p Boxing 545p STEP Basics 645p Boxing	9:30a/5P Total Tabata 545p Core Training 6:30p TrapBoxing	930a Boxing 5p Boxing 545p HIIT training 645p Boxing	9:30a/ 5p MetCon 545p Dirty 30 630p Core Training	Personal Training 8a – 12 noon  <b>5:30pm Boxing</b> <b>6:15pm Boxing</b>	830a Boxing 930a Boxing
11	12	13	14	15	16	17
9a Full Body <b>Sunday Sessions</b> (full body training)	930a Boxing 5p Boxing 545p Kickboxing 645p RIPPED	9:30a/5P Total Tabata 545p Core Training 6:30p TrapBoxing	930a Boxing 5p Boxing 545p HIIT training 645p Boxing	9:30a/ 5p MetCon 545p Core Training 630p Yoga flow	Personal Training 8a – 12 noon	830a Boxing 930a Boxing
18	19	20	21	22	23	24
9a <b>Sunday Sessions</b> (full body training)	930a Boxing 5p Boxing 545p Dirty 30 645p Boxing	9:30a/5P Total Tabata 545p Core Training 6:30p TrapBoxing	930a Boxing 5p Boxing 545p Yoga Booty 645p Boxing	9:30a/ 5p MetCon 545p Dirty 30 630p Core Training	Personal Training 8a – 12 noon <b>5:30pm Boxing</b> <b>6:15pm Boxing</b>	830a Boxing 930a Boxing
25	26	27	28	29	30	31
9a <b>Sunday Sessions</b> (full body training)	930a Boxing 5p Boxing 545p Kickboxing 645p RIPPED	9:30a/5P Total Tabata 545p Core Training 6:30p TrapBoxing	930a Boxing 5p Boxing 545p HIIT training 645p Boxing	9:30a/ 5p MetCon 545p Core Training 630p Yoga Flow		830a Boxing 930a Boxing

