



Group Personal Training September 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>9</p> <p>930a/5p/ 545 Boxing 630p 12 round Bout</p>	<p>10</p> <p>5/ 545pm HIIT 6:30p Cardio X 7:15p Box & Body Tabata</p>	<p>11</p> <p>5p/ 545p Boxing 6:30p Sculpted 7:15p Cardio abs</p>	<p>12</p> <p>9:30a/ 5/ 545p MetCon 630p Yoga Flow 725p Cardio Mix</p>	<p>13</p> <p>Personal Training 8a – 12 noon</p>	<p>14</p> <p>830a Sculpted 930a Box & Body 1040a Boxing</p>
<p>15</p> <p>930a Boxing</p>	<p>16</p> <p>930a/5p/ 545 Boxing 630p 12 round Bout</p>	<p>17</p> <p>5/ 545pm Sculpted 6:30p Cardio X 7:15p Box & Body Tabata</p>	<p>18</p> <p>5p/ 545p Boxing 6:30p Sculpted 7:15p Cardio abs</p>	<p>19</p> <p>9:30a/ 5/ 545p MetCon 630p Yoga Flow 725p Cardio Mix</p>	<p>20</p> <p>Personal Training 8a – 12 noon</p>	<p>21</p> <p>830a Sculpted 930a Box & Body 1040a Boxing</p>
<p>22</p> <p>930a Boxing</p>	<p>23</p> <p>930a/5p/ 545 Boxing 630p 12 round Bout</p>	<p>24</p> <p>5/ 545pm Sculpted 6:30p Cardio X 7:15p Box & Body Tabata</p>	<p>25</p> <p>5p/ 545p Boxing 6:30p Sculpted 7:15p Cardio abs</p>	<p>26</p> <p>9:30a/ 5/ 545p MetCon 630p Yoga Flow 725p Cardio Mix</p>	<p>27</p> <p>PT 8a – 12p Mom/ Daughter Boxing 6:15p \$25 per pair</p>	<p>28</p> <p>830a Sculpted 930a Box & Body 1040a Boxing</p>
<p>29</p> <p>930a Boxing</p>	<p>30</p> <p>930a/5p/ 545 Boxing 630p 12 round Bout</p>					