



Group Personal Training

September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30a Boxing 5p Boxing 5:50p RIPPED	2 9:30a Yoga Flow 5p K-bells/ balls 5:45p Core Training 6:30p Yoga Flow	3 Personal Training 8a – 12 noon 5:30p Boxer's Bootcamp	4 8:30a Cardio Mix 9:30a Boxing
5 9a Full Body Sunday Sessions (full body training)	6 Ripped @ 10am	7 9:30a Total Tabata 5p Core Tabata 5:45p STEP Tabata 6:30p Upper body strg	8 9:30a Boxing 5p Partner Boxing 5:45p Tabata Boxing	9 9:30a Yoga Flow 5p Leg Day training 5:45p Core Training 6:30p Yoga Flow	10 Personal Training 8a – 12 noon 5:30p Boxer's Bootcamp	11 8:30a Cardio Mix 9:30a Boxing 11a Jr Boxing FitClass*
12 9am North Chagrin Reservation hike	13 9:30a Boxing 5p Core training 5:50p RIPPED	14 9:30a Suspension Training 5p Boxing 5:45p MetCon	15 9:30a Boxing 5p K-bells/ balls 5:50p Core Tabata	16 9:30a Yoga Flow 5p Boxing 5:45p SWEAT 6:30p Yoga Flow	17 Personal Training 8a – 12 noon 5:30p Boxer's Bootcamp	18 8:30a Cardio Mix 9:30a Boxing
19 Sunday Sessions (full body training)	20 9:30a Boxing 5p Boxing 5:50p Step Basics	21 9:30a Shaker Trail walk 5p Core Tabata 5:45p Upper Body trng 6:30p Pure Cardio	22 9:30a Kickboxing 5p Kickbox Tabata 5:45p RIPPED	23 9:30a Yoga Flow 5p MetCon Strength 5:45p Core Training 6:30p Yoga Flow	24 5:30pm Boxer's Bootcamp	25 8:30a Cardio Mix 9:30a Boxing
26 9a Sunday Sessions (full body training)	27 9:30a Boxing 5p Boxing 5:45p SWEAT	28 9:30a Total Tabata 5p Core Tabata 5:45p K-bells/ balls	29 9:30a Box Tabata 5p Box Tabata 5:45p Partner Boxing	30 9:30a Yoga Flow 5p Leg Day training 5:45p Core Training 6:30p Yoga Flow		