

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	open gym personal training	Personal Training	Closed				
10:00AM	open gym personal training	Personal Training	Personal Training				
11:00AM	open gym personal training	Personal Training	Personal Training				
12:00PM	Cardio Boxing	Cardio Boxing	Personal Training				
1:00PM	Cardio Boxing	Cardio Boxing	Parents and kid class				
2:00PM	Cardio Boxing	Cardio Boxing	Parents and kid class				
3:00PM	Closed	Closed	Closed	Closed	Closed	Cardio Boxing	Closed
4:00PM	Cardio Boxing	Cardio Boxing	Closed				
5:00PM	Pro-am Boxing Cardio boxing	Closed	Closed				
6:00PM	Cardio Boxing Kids Boxing	Cardio Boxing	Cardio Boxing Kids Boxing	Cardio Boxing	Cardio Boxing Kids Boxing	Closed	Closed
7:00PM	Cardio Boxing	Closed	Closed				