

Fitness Membership

Times	Monday	Tuesday	Wednesday	Thursday	Friday 8am-8:45am	Saturday
9am-9:45am	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	
10am-10:45am	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Weights Room/ Private Lessons
11am-11:45pm	Yoga	Cardio Kickboxing	Yoga	Cardio Kickboxing	Yoga	Box Fit
12pm-12:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	
1pm-1:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	
2pm-2:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	
3pm-3:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	
4pm-4:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	
5:00-5:30pm	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	
5:30-6:15pm	Intermediate Strictly Core	Muscle Toning	Cardio Kickboxing	Muscle Toning	Box Fit	
6:15-7pm	Cardio Kickboxing	Box Fit	Beginner Strictly Core	Box Fit	Weights Room/ Private Lessons	
			Power Yoga		Weight Lifting Circuit	

Kickboxing: Cardio oriented workout using kickboxing techniques

Boxercise: Cardio oriented workout using boxing techniques

Strictly Core: Circuit training for functional core toning

Muscle Toning: Circuit Weight Training using body weight and kettlebells

Weight Circuit - circuit training with weights