

# • C O N D I T I O N •

## CLASS TIMETABLE

|           |       |                         |        |
|-----------|-------|-------------------------|--------|
| MONDAY    | 7:30  | Boxing (Beginner)       | 30 min |
|           | 12:30 | Conditioning            | 30 min |
|           | 17:30 | Strength                | 45 min |
|           | 18:15 | Combat Conditioning     | 45 min |
| TUESDAY   | 7:30  | Strength & Conditioning | 30 min |
|           | 12:30 | Strength & Conditioning | 45 min |
|           | 17:30 | Core & Cardio           | 30 min |
|           | 18:00 | Barbell Club            | 60 min |
|           | 18:30 | Boxing (Intermediate)   | 60 min |
| WEDNESDAY | 7:30  | Core & Cardio           | 30 min |
|           | 12:00 | Boxing (Intermediate)   | 60 min |
|           | 13:00 | Strength                | 30 min |
|           | 18:00 | Strength                | 30 min |
|           | 18:15 | Conditioning            | 30 min |
|           | 19:00 | Boxing (Beginner)       | 60 min |
| THURSDAY  | 7:30  | Conditioning            | 30 min |
|           | 12:30 | Conditioning            | 45 min |
|           | 18:30 | Core & Cardio           | 30 min |
| FRIDAY    | 7:30  | Strength                | 30 min |
|           | 8:00  | Conditioning            | 30 min |
|           | 13:00 | Strength & Conditioning | 30 min |
|           | 17:30 | Strength & Conditioning | 30 min |
|           | 18:00 | Barbell Club            | 60 min |
| SATURDAY  | 10:15 | Strength & Conditioning | 45 min |
| SUNDAY    | 10:00 | Trainer's Choice        | 60 min |
|           | 12:15 | Strength & Conditioning | 45 min |