

# • C O N D I T I O N •

## CLASS TIMETABLE

MONDAY	7:30	Boxing (Beginner)	30 min
	12:15	Pilates (Beginner)	45 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
	17:15	Pilates (Beginner)	45 min
	18:00	Barbell Club	60 min
	18:30	Core & Cardio	30 min
	19:00	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
	18:30	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	8:15	Pilates (Beginner)	45 min
	10:15	Strength & Conditioning	45 min
SUNDAY	10:00	Trainer's Choice	60 min
	12:15	Strength & Conditioning	45 min

