

• C O N D I T I O N •

CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Boxing (Beginner) 7:30 - 8:00	Strength & Conditioning 7:30 - 8:00	Core & Cardio 7:30 - 8:00	Conditioning 7:30 - 8:00	Pilates (Beginners) 6:30 - 7:15	Pilates (Beginners) 8:15 - 9:00	Trainer's Choice 10:00 - 11:00
					Strength 7:30 - 8:00	Strength & Conditioning 10:15 - 11:00	
					Conditioning 8:00 - 8:30		
Lunch	Pilates (Beginner) 12:15 - 13:00	Strength & Conditioning 12:30 - 13:15	Boxing (Intermediate) 12:00 - 13:00	Conditioning 12:30 - 13:15	Strength & Conditioning 13:00 - 13:30		Strength & Conditioning 12:15 - 13:00
	Conditioning 12:30 - 13:00		Strength 13:00 - 13:30		Stretch 13:30 - 14:00		
Evening	Strength 17:30 - 18:15	Core & Cardio 17:30 - 18:00	Strength 18:00 - 18:30	Core & Cardio 18:30 - 19:00	Stretch 17:30 - 18:00		
	Combat Conditioning 18:30 - 19:00	Barbell Club 18:00 - 19:00	Conditioning 18:30 - 19:00		Barbell Club 18:00 - 19:00		
		Boxing (Intermediate) 19:00 - 20:00	Boxing (Beginner) 19:00 - 20:00				

High Intensity	Medium Intensity	Low Intensity	Boxing
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