



April 2024

ADULT GROUP-SESSIONS

Schedule

MONDAY

Functional HIIT Strength 06:00-07:00	Open Mat HIIT zone 08:00-09:00	Open Mat combat zone 09:00-10:00	Boxing all levels 10:30-11:30		Open Mat HIIT zone 12:00-13:00	Open Mat HIIT zone 13:00-14:00		Kids Boxing (refer to kids schedule) 17:00-17:50	Boxing all levels 18:00-19:00 Warrior Bootcamp	Boxing all levels conditioning 19:15-20:15
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TUESDAY

Functional HIIT Strength 06:00-07:00	Open Mat HIIT zone 08:00-09:00	Open Mat combat zone 09:00-10:00	Warrior Bootcamp 10:30-11:30		Open Mat combat zone 12:00-13:00	ZUMBA 13:00-14:00		Kids Kickboxing (refer to kids schedule) 17:00-17:50	Boxing fundamentals 18:00-19:00 Warrior Bootcamp	Boxing all levels 19:15-20:15 Warrior Bootcamp
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WEDNESDAY

Functional HIIT Strength 06:00-07:00	Open Mat HIIT zone 08:00-09:00	Open Mat combat zone 09:00-10:00	Boxing all levels 10:30-11:30		Open Mat HIIT zone 12:00-13:00	ZUMBA 13:00-14:00		Kids Kickboxing (refer to kids schedule) 17:00-17:50	Boxing all levels 18:00-19:00	Boxing all levels conditioning 19:15-20:15 Warrior Bootcamp	Boxing all levels sparring training 20:15-21:00
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THURSDAY

	Open Mat HIIT zone 08:00-09:00		Warrior Bootcamp 10:30-11:30		Open Mat combat zone 12:00-13:00	ZUMBA 13:00-14:00		Kids Boxing (refer to kids schedule) 17:00-17:50	Boxing all levels 18:00-19:00 Warrior Bootcamp	Boxing all levels 19:15-20:15 Warrior Bootcamp
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FRIDAY

Functional HIIT Strength 06:00-07:00	Open Mat HIIT zone 08:00-09:00	Open Mat combat zone 09:15-10:15	Boxing all levels 10:30-11:30		Open Mat combat zone 12:00-13:00	Open Mat HIIT zone 13:00-14:00					
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SATURDAY

	Intensity Ignite Class exclusively for members registered in our Challenge 08:00-09:00		Boxing all levels 10:30-11:30
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