



May 2024

ADULT GROUP-SESSIONS

Schedule

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

	Intensity Ignite <small>Class exclusively for members registered in our Challenge</small>		Boxing all levels Warrior Bootcamp	Leg Day Muscle Gains
	08:00-09:00		10:30-11:30	11:45-12:45

