

GROUP TRAINING TIMETABLE

Monday

lower body strength

6:30am

9:30am

5:30pm

6:30pm

Tuesday

full body strength

6:30am

5:30pm

Wednesday

boxing & conditioning

6:30am

9:30am

5:30pm

6:30pm

Thursday

full body strength

6:30am

5:30pm

6:30pm

Friday

full body strength

6:30am

9:30am

Saturday

full body sweat

9:30am