

Women's Fitness



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:30 AM		Cardio Kickboxing		Cardio Kickboxing			
9:30	Cardio Kickboxing	Super Woman Bootcamp	Cardio Kickboxing	Squat Squad			
						10:00 AM	Super Woman Bootcamp
						11:00 AM	Boxing Workout
	Bring Sneakers to all Conditioning Classes and Squat Squad						
5:30 PM	Cardio Kickboxing	Super Woman Bootcamp	Cardio Kickboxing	Super Woman Bootcamp	Cardio Kickboxing		
6:30	Squat Squad						
7:30	Boxing Workout	Cardio Kick Intro to Boot boxing Camp	Squat Squad	Boxing Workout			