

Women's Fitness



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		Cardio Kickboxing		Cardio Kickboxing		
7		Cardio Rickboxing		Cardio Rickboxing		
			1		1	
9:30	Candia Kiskhavina	Ultimate Fitness Conditionin	g Cardio Kickboxing	Cardio Kickboxing		
10		Oltimate Fitness Conditionin	g Cardio Kickboxing	Cardio Rickboxing		Ultimate Fitness
10:30					1	Conditioning
11						Boxing Workout
11:30						Boxilig Workout
	Squat Squad and Ultimate Fitness Conditioning Classes are					
	NOT PART OF THE GROUPON OR 30 DAY TRIAL					
	and are reserved classes only for our enrolled members					
	You must come to an Intro class prior to taking Ultimate Fitness Conditioning					
5:30 PM	Cardio Kickhoxing	Ultimate Fitness Conditionin	g Boxing Workout	Ultimate Fitness	Cardio Kickboxing	
6	Caralo Rickboxing	Ottimate Fitness Conditionin	B BOXIIIG WORKOUT	Conditioning	cararo Rickboxing	
6:30	Squat Squad					
7					_	
7:30	Cardio Kickboxing	Cardio Intro to	Squat Squad	Boxing Intro to		
8		Kickboxing Conditioning		Workout Conditioning	3	
8:30						
9						
9:30						