



Women's Fitness



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:30 AM		Cardio Kickboxing		Cardio Kickboxing			
7							
9:30	Cardio Kickboxing	Ultimate Fitness Conditioning	Cardio Kickboxing	Cardio Kickboxing			Ultimate Fitness Conditioning
10							
10:30							
11							
11:30						Boxing 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 Kickboxing	Ultimate Fitness Conditioning	Boxing Workout	Ultimate Fitness Conditioning	Cardio Kickboxing		
6							
6:30	Squat Squad						
7							
7:30	Cardio Kickboxing	Cardio Kickboxing	Intro to Conditioning	Squat Squad	Boxing Workout		Intro to Conditioning
8							
8:30							
9							
9:30							