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		
10						Ultimate Fitness Conditioning
10:30						
11						Boxing Workout
11:30						
	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	Intro to Conditioning				
7						
7:30	Cardio Kickboxing	Cardio Kickboxing	Squat Squad	Boxing Workout / Intro to Conditioning		
8						
8:30						
9						
9:30						