



Women's Fitness



Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6AM	Cardio Kickboxing	Super Woman Bootcamp		Squat Squad		10:00 AM	Super Woman Bootcamp
9:30 AM	Cardio Kickboxing	Super Woman Bootcamp	Cardio Kickboxing	Squat Squad		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	Cardio Kickboxing	Cardio Kickboxing	Squat Squad	Cardio Kickboxing			