



## SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7: 00 pm Fight Fit HIIT	5:30 - 6: 30 pm Kids Muay Thai/ Kickboxing/Boxing	6:00 - 7: 00 pm Fight Fit HIIT	5:30 - 6: 30 pm Kids Muay Thai/ Kickboxing/Boxing	6:00 - 7: 00 pm Fight Fit HIIT	10:00 - 11:00 am Kids Muay Thai/ Kickboxing/Boxing	*PERSONAL TRAINING* <u>Appointment Only</u>
7:15 - 8:15 pm Muay Thai / Kickboxing	6:45 - 7:45 pm Muay Thai / Kickboxing	7:15 - 8:15 pm Boxing	6:45 - 7:45 pm Muay Thai / Kickboxing	7:15 - 8:15 pm Muay Thai / Kickboxing	11:15 - 12:15 pm Muay Thai / Kickboxing	
8:30 - 9:30 pm Muay Thai / Kickboxing	8:00 - 9:00 pm Muay Thai / Kickboxing	8:30 - 9:30 pm Boxing	8:00 - 9:00 pm Muay Thai / Kickboxing	8:30 - 9:30 pm Muay Thai / Kickboxing		

Effective July 19, 2021