

Weekly Classes Timetable (Jan '17)

Mon	Tues	Wed	Thur	Fri	Sat	Sun
	06.00-07.00 Bootcamp	06.15-07.00 TRX	06.00-07.00 Bootcamp		Private clients	
09.15-10.00 Boxing	09.15-10.00 TRX	09.15-10.00 Kettlebells	09.15-10.00 TRX	09.15-10.00 S/C/F/R		
Private Clients	Private Clients	Private Clients	Private Clients	Private Clients	<u>Key:</u> 4 wk Cycle: S=strength C=cardio F=freestyle R=restorative	