

CLASS TIMETABLE

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	MON	TUE	WED	THU	FRI	SAT
6:00	CIRCUIT	STRENGTH & CONDITIONING	ENJOY FUNCTIONAL	BOXING	CROSSFIT	
7:00	CIRCUIT	STRENGTH & CONDITIONING	ENJOY FUNCTIONAL	TABATA HIIT	CROSSFIT	
9:00						BOXING
12:00	CIRCUIT	STRENGTH & CONDITIONING	ENJOY FUNCTIONAL	TABATA HIIT	CROSSFIT	
13:00	BOXING	BOXING	BOXING	BOXING	BOXING	
17:30	CIRCUIT	STRENGTH & CONDITIONING	ENJOY FUNCTIONAL	TABATA HIIT		
18:30	CIRCUIT	STRENGTH & CONDITIONING	ENJOY FUNCTIONAL	TABATA HIIT		