



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	Unleashed Kickboxing	TNT Boot Camp	Tabata Workout	Unleashed Kickboxing	Fun Freestyle Friday	
6:00 am	Unleashed Kickboxing	TNT Boot Camp	Tabata Workout	Unleashed Kickboxing	Fun Freestyle Friday	
7:00 am	Semi - Private Training By Appointment Only					
8:00 am						TNT Boot Camp
8:15 am	TNT Boot Camp	Unleashed Kickboxing	Tabata Workout	Unleashed Kickboxing	Fun Freestyle Friday	
9:00 am						TNT Boot Camp
9:30 am	TNT Boot Camp	Unleashed Boot Camp	Tabata Workout	Unleashed Kickboxing	Fun Freestyle Friday	
11:00 am	Semi - Private Training Monday - Friday 11:00 am - 1:00 pm By Appointment Only					
12:00 pm						
3:00 pm	Semi - Private Training Monday - Friday 3:00 pm - 5:00 pm By Appointment Only					
4:00 pm						
5:30 pm	Unleashed Kickboxing	TNT Boot Camp	Tabata Workout	Unleashed Kickboxing	Fun Freestyle Friday	



Class Descriptions:

Kickboxing - Combination of cardio combat and weight lifting - calorie burner

TNT Boot Camp - Tavo and Trent style workout focusing on cardio, strength training and endurance

Pink Wednesday - Supporting Cancer Awareness, wear your pink to class

Fun Freestyle Friday - Timed Class, to choose various exercises to compliment your workout

*All classes focus on losing weight and strength training