

## ***BoxFit ELITE TRAINING - SCHEDULE OF CLASSES***

| TIME     | MONDAY       | TUESDAY      | WEDNESDAY    | THURSDAY     | FRIDAY       | SATURDAY      | SUNDAY |
|----------|--------------|--------------|--------------|--------------|--------------|---------------|--------|
| 5:00 AM  | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS |               |        |
| 6:00 AM  | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS |               |        |
| 7:00 AM  | OPEN GYM     | OPEN GYM     | OPEN GYM     | OPEN GYM     | OPEN GYM     |               |        |
| 8:00 AM  | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | OLY - LIFTING |        |
| 9:00 AM  | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | TEAM WOD      |        |
| 10:00 AM | OPEN GYM     | OPEN GYM     | OPEN GYM     | OPEN GYM     | OPEN GYM     | BOXING        |        |
| 11:00 AM | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS |               |        |
| 12:00 PM |              |              |              |              |              |               |        |
| 1:00 PM  |              |              |              |              |              |               |        |
| 2:00 PM  |              |              |              |              |              |               |        |
| 3:00 PM  |              |              |              |              |              |               |        |
| 4:00PM   | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS |              |               |        |
| 5:00 PM  | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | OPEN GYM     |               |        |
| 6:00 PM  | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | BoxFit CLASS | OPEN GYM     |               |        |
| 7:00 PM  | BOXING       | BOXING       | BOXING       | BOXING       |              |               |        |