

TOTAL BODY = CIRCUIT TRAINING /  
SUSPENSION TRAINING / HIIT /  
TABATA / KETTLEBELLS / BOXING /  
BODY WEIGHT / ROWING

## OMNI COMBAT FITNESS CLASS SCHEDULE

NON CLASS OPEN GYM = BOARD WORKOUT

	<b>MONDAY</b> Boxing	<b>TUESDAY</b> Functional Fitness	<b>WEDNESDAY</b> Boxing	<b>THURSDAY</b> Functional Fitness	<b>FRIDAY</b> Boxing
<b><u>Morning</u></b> <b>Classes</b>	6:30 AM 7:30 AM 8:30 AM	6:30 AM 7:30 AM	6:30 AM 7:30 AM 8:30 AM	6:30 AM 7:30 AM	6:30 AM 7:30 AM 8:30 AM
<b><u>Afternoon</u></b> <b>Classes</b>	6:00 PM 7:00 PM	5:15 PM 6:05 PM 7:05 PM	6:00 PM 7:00 PM	5:15 PM 6:05 PM 7:05 PM	6:00 PM 7:00 PM
<b>PAL</b>	5:00 PM - 6:30 PM		5:00 PM - 6:30 PM		5:00 PM - 6.30 PM
<b>MUAY THAI</b>		7:00 PM- 8:20 PM		7:00 PM - 8:20 PM	
<b>Gym Hours</b>	6:30am - 12:00pm 4:00pm - 8:30pm	6:30am - 12:00pm 4:00pm - 8:30pm	6:30am - 12:00pm 4:00pm - 8:30pm	6:30am - 12:00pm 4:00pm - 8:30pm	6:30am - 12:00pm 4:00pm - 8:30pm
<b>CORPORATE / CUSTOM CLASS HOURS ON REQUEST</b>					

**Inquire about the Person Training from Coach. Its \$50.00 a session or inquire about the Specialty Packages.**