



Current Class Schedule

Bonus Classes for Fit Camp are Highlighted

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	CrossFit	Fit Camp	CrossFit	Fit Camp	Fit Camp		
7:00am	Boxing 4 Fitness	Fit Camp	Boxing 4 Fitness	Fit Camp	Fit Camp		
8:15am						Fit Camp	
9:00am							
9:15am						Fit Camp	Fit Camp
10:00am		Boxing 4 Fitness		Boxing 4 Fitness			
10:15am						Boxing 4 Fitness	
11:00am						Jiu-Jitsu	
12:00pm	Fit Camp		Fit Camp & Jiu Jitsu		Ji Jitsu		
12:15pm						CrossFit	
1:00pm							
2:00pm							
3:00pm							
4:00pm							
4:30pm	Fit Camp		Fit Camp				
5:15pm	Fit Camp	CrossFit	Fit Camp	CrossFit	Fit Camp		
6:15pm	Fit Camp	Boxing 4 Fitness	Fit Camp	Boxing 4 Fitness	Fit Camp		
7:15pm	Jiu-Jitsu	Jiu-Jitsu(no gi)	Jiu-Jitsu	Jiu-Jitsu	Wrestling/MMA		
7:30pm							
8:00pm							
8:30pm							
8:45pm							