



Group Training Schedule

This Schedule Effective - Dec 3rd

We Change Lives !!!

Upgrade to \$69.99 membership
which includes all these
Group Training Sessions
(FREE until 12/31)

- Fundamentals -** Intro to proper use of Kettlebells, TRX and functional training
- M.O.M (Moms on a Mission)** Get back your pre-kids curves with this hi-energy bootcamp
- X-Fit -** Bootcamp Style Training, ropes, TRX, Kettlebells, balls, bands
- Kettlebells -** Total body workout using kettlebells only
- Kickboxing -** Total body workout - cardio style using heavy bags and gloves
- TRX/Suspension-** Serious strenght training using suspension straps
- Tai Chi / Qi Gong** Enhance the Mind-Body connection with this Eastern fitness practice

NOTE: Ceasar is avail for advanced
Boxing and MMA Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
	Kickboxing Tiffany 9:00	M.O.M Tiffany 9:00				Tai Chi Roy 9:00
					Bootcamp Ceasar 10:00	
Evening						
	Kickboxing Ceasar 6:30	Kettlebells Tiffany 6:15	Kickboxing Ceasar 7:00			
TRX / Suspension Ceasar 6:45		XTREME Challenge Bootcamp Angie 7:00: AM				