

TIMETABLE

HIITYOGA
BOXING & MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	5:30 - 6:15 LIMITLESS	5:30 - 6:15 ATHLETIC	5:30 - 6:15 R.I.P.P.E.D.	5:30 - 6:15 SHRED	5:30 - 6:15 LIMITLESS		SUNDAY CLASSES
	6:15 - 7:00 LIMITLESS	6:15 - 7:00 ATHLETIC	6:15 - 7:00 R.I.P.P.E.D.	6:15 - 7:00 SHRED	6:15 - 7:00 LIMITLESS		
	7:00 - 7:45 LIMITLESS	7:00 - 7:45 ATHLETIC	7:00 - 7:45 R.I.P.P.E.D.	7:00 - 7:45 FIGHT KLUB	7:00 - 7:45 LIMITLESS		
LUNCH CLASSES						7:00 - 8:00 SUPER SATURDAY	8:00 - 8:45 FIGHT KLUB
						8:00 - 9:00 SUPER SATURDAY	08:45 - 9:30 ATHLETIC
							09:30 - 10:30 HATHA YOGA
	12:00 - 12:30 ATHLETIC	12:00 - 12:30 LIMITLESS		12:00 - 12:30 ATHLETIC	12:00 - 12:30 SHRED		
	12:30 - 01:00 ATHLETIC	12:30 - 01:00 LIMITLESS	12:30 - 01:00 R.I.P.P.E.D. 01:00 - 01:30 R.I.P.P.E.D.	12:30 - 01:00 ATHLETIC	12:30 - 01:00 SHRED		
EVENING CLASSES							
		5:00 - 5:45 FIGHT KLUB	5:00 - 5:45 R.I.P.P.E.D.	5:00 - 5:45 SHRED	5:00 - 5:45 R.I.P.P.E.D.		
	5:30 - 6:15 ATHLETIC	5:45 - 6:30 LIMITLESS	5:45 - 6:30 R.I.P.P.E.D.	5:45 - 6:30 SHRED	5:45 - 6:30 FIGHT KLUB		
	6:15 - 7:00 ATHLETIC	6:30 - 7:15 LIMITLESS	6:30 - 7:15 R.I.P.P.E.D.	6:30 - 7:15 SHRED	6:30 - 7:30 VINYASA YOGA		
	7:00 - 7:45 FIGHT KLUB	7:15 - 8:15 VINYASA YOGA	7:15 - 8:15 POWER YOGA	7:15 - 8:15 POWER YOGA			



CONTACT US

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