

NO LIMITS CLASS SCHEDULE

MONDAY

6am KICKBOXING POWER HOUR
9am KICKBOXING BOOT CAMP
5:30pm KICKBOXING
6:30pm KICKBOXING

TUESDAY

6am BOXING FITNESS
9am BOOT CAMP
5:30pm KICKBOXING
6:30pm KICKBOXING

WEDNESDAY

6am BOXING FITNESS
9am KICKBOXING BOOT CAMP
12pm KICKBOXING POWER HOUR
5:30pm KICKBOXING POWER HOUR
6:30pm BOXING 101

THURSDAY

6am KICKBOXING POWER HOUR
9am KICKBOXING BOOT CAMP
5:30pm KICKBOXING
6:30pm KICKBOXING

FRIDAY

6am KICKBOXING POWER HOUR
9am BOOT CAMP
12pm KICKBOXING POWER HOUR
5:30pm KICKBOXING
6:30pm KICKBOXING

SATURDAY

8am BUTTS & GUTS
8:45am KICKBOXING POWER HOUR
10am BOXING

SUNDAY

10am KICKBOXING
11am KICKBOXING



All Classes Must be Reserved Online. Classes are also on ZOOM