

NO LIMITS TRAINING CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>6:00 AM</u> Rise and Shine Cardio Kickboxing	<u>7:00 AM</u> Sun Up Power Hour	<u>6:00 AM</u> Rise and Shine Cardio Kickboxing	<u>7:00 AM</u> Sun Up Power Hour	<u>6:00 AM</u> Rise and Shine Cardio Kickboxing	<u>8:00 AM</u> Butts & Gutts vs. TRX	<u>10:00 AM</u> Sunday Funday Weight room Wakeup
<u>9:00 AM</u> Kickboxing Bootcamp	<u>9:00 AM</u> FitCamp	<u>9:00 AM</u> Kickboxing Bootcamp	<u>12:00 PM</u> Noon Intermediate Boxing	<u>9:00 AM</u> FitCamp	<u>9:00 AM</u> Cardio Kickboxing	<u>11:00 AM</u> Kickboxing & Conditioning
<u>5:15 PM</u> Entry Level Striking	<u>5:15 PM</u> Post Workday Weight Circuit	<u>5:30 PM</u> Entry Level Striking	<u>5:30 PM</u> Kickboxing & Conditioning	<u>12:00 PM</u> Noon Cardio Kickboxing		
<u>6:15 PM</u> Kickboxing Bootcamp	<u>6:00 PM</u> Kickboxing Conditioning	<u>6:30 PM</u> Intermediate Boxing	<u>6:30 PM</u> Combat Sports Strength & Conditioning	<u>5:30 PM</u> Kickboxing & Conditioning		
<u>7:15 PM</u> Intermediate Boxing	<u>7:00 PM</u> Boxing Defense			<u>6:30 PM</u> Combat Sports Strength & Conditioning		