

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00-7:00am	6:00-7:00 <b>-Boot Camp-</b>		6:00-7:00 <b>-Boot Camp-</b>		6:00-7:00 <b>-Boot Camp-</b>					
7:00-9:30am										
9:30-10:00am	9:15-10:30 <b>-Cardio-</b>		9:15-10:30 <b>-Cardio-</b>		9:15-10:30 <b>-Cardio-</b>	9:30-10:30 <b>-Cardio-</b>				
10:00-10:30am							Private/Group Training			
10:30-11:00am	Private Training		Private Training	Private Training	Private Training	10:00-11:30 <b>Team Sparring &amp; Blue+</b>	10:00-10:50 <b>-Cardio-</b>			
11:00-11:30am									11:30-12:30 <b>-Tech Yellow &amp; Green- All Ages</b>	11:00-12:00 <b>-Youth Tech- All Levels</b>
11:30-12:00am									12:30-1:30 <b>-Tech White- ALL AGES</b>	12:00-1:00 <b>-Adult Tech- All Levels</b>
12:00-12:30pm										
12:30-1:00pm										
1:00-1:30pm	Private/Group Training									
1:30-4:00pm	Private/Group Training									
4:00-4:45pm	4:00-4:45 <b>-Youth Tech- White &amp; Yellow</b>		4:00-4:45 <b>-Youth Tech- White &amp; Yellow</b>	4:00-4:45 <b>-Youth Tech- White &amp; Yellow</b>		Private/Group Training	Private/Group Training			
4:45-5:00pm	4:45-5:30 <b>-Youth Tech- G/B</b>	4:30-5:30 <b>-Youth Cardio-</b>	4:45-5:30 <b>-Youth Tech- G/B</b> Conditional Sparring	4:45-5:30 <b>-Youth Tech- Green &amp; Blue+</b>	4:30-5:30 <b>-Youth Cardio-</b>					
5:00-5:30pm										
5:30-6:00pm	5:00-7:00 <b>-Team- Red &amp; Black Gloves</b>	5:40-6:30 <b>-High Cardio-</b>	5:00-7:00 <b>-Team-</b>	5:00-7:00 <b>Open Sparring</b> Blue+	5:00-6:30 <b>Team &amp; Blue</b>	5:30-6:30 <b>-Adult Tech- W/Y/G</b>				
6:00-6:30pm								5:40-6:30 <b>-High Cardio-</b>		
6:30-7:00pm			6:35-7:25 <b>-Cardio-</b>				6:35-7:25 <b>-Cardio-</b>			
7:00-7:30pm	7:00-7:50 <b>-Cardio-</b>		7:00-7:50 <b>-Cardio-</b>							
7:30-8:00pm		7:30-8:25 <b>-Adult Tech- Green/Blue</b>		7:30-8:25 <b>-Adult Tech- Green/Blue</b>						
8:00-8:30pm	8:00-9:00 <b>-Adult Tech- White /Yellow</b>		8:00-9:00 <b>-Adult Tech- Green/Blue/Spar</b>							
8:30-9:00pm		8:30-9:25 <b>-Adult Tech- White/Yellow</b>		8:30-9:25 <b>-Adult Tech- White/Yellow</b>						
9:00-9:30pm	Private/Group Training		Private/Group Training							



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