

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am XXtreme HIIT	5:30 am Killer Kardio	5:30 am Ride or Die	5:30 am Kettlebell Crush	5:30 am Fight Night	8 AM * DO WORK Bootcamp
6:30 am KettleBell Crush	6:30 am Fight Night	6:30 am Ride or Die	6:30 am Xtreme HIIT	6:30 am Total Body Beatdown	9 am Fight Club Fusion * _____ Fight Flow *
9:30 am Do Work Bootcamp	9:30 am Xtreme HIIT	9:30 am Ride or Die	9:30 am Total Body Beatdown	9:30 am DO WORK BOOTCAMP	
5:30 PM Do Work Bootcamp	5:30 PM * Fight Night _____ WARRIOR Combat	5:30 PM * Killer Kardio _____ Ride or Die	5:30 PM WARRIOR Rhythm _____ 6:30 PM WARRIOR Strength	*Class rotates weekly. Check app for details	