

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 am	Xtreme HIIT <u>WARRIOR</u> Strength	Killer Kardio	Ride or Die	Kettle Bell Krush	Fight Night		
6:30 am	Kettle Bell Krush	Fight Night	Ride or Die	Xtreme HIIT	TBB		
8:30 am						WARRIOR Rythm <u>WARRIOR</u> Strength	
9:30 am	DO WORK Bootcamp	Xtreme HIIT	Ride or Die	TBB	DO WORK Bootcamp	WARRIOR Combat	
5:30 pm	DO WORK Bootcamp	Fight Night <u>WARRIOR</u> Combat	Ride or Die	WARRIOR Strength	Kettle Bell Krush		=
6:30 pm	WARRIOR Combat	Ride or Die	Killer Kardio	WARRIOR Rhythm			