

WEEKLY SCHEDULE - ADULTS

MONDAY

6:00AM
HIIT CIRCUIT
BRYAN

7:30AM
SPORTS CON
HENRY

POWER YOGA
BREATH & BODY

9:30AM
SPORTS CON
JAKE

BOXING
JOSHUA

12:00PM
BOXING
JAKE

HIIT CIRCUIT
RP

4:30PM
BOXING
TAYLOR

HIIT CIRCUIT
RP

5:30PM
CYCLE
BRYAN

6:00PM
BOXING
MORGAN

PURE STRENGTH
TAYLOR

TUESDAY

6:00AM
SPORTS CON
HENRY

7:30AM
PURE STRENGTH
RP

9:30AM
STRENGTH &
CONDITIONING
RP

12:00PM
BOXING
MORGAN

TABATA
SHON

4:30PM
BOXING
JAKE

GRIND
HENRY

5:30PM
CYCLE
BRYAN

6:00PM
SPORTS CON
JAKE

6:30PM
YOGA POWER
FLOW
KAILA

WEDNESDAY

6:00AM
PURE STRENGTH
RP

7:30AM
STRENGTH & COND
HENRY

9:30AM
BLACKOUT
JAKE

BOXING
KARIM

12:00PM
BOXING
JAKE

CYCLE
BRYAN

GRIND
SHON

4:30PM
KICKBOXING
TAYLOR

SPORTS CON
SHON

4:45PM
CYCLE
ALICIA

6:00PM
KICKBOXING
TAYLOR

CIRCUITS
ALICIA

THURSDAY

6:00AM
STRENGTH &
CONDITIONING
HENRY

7:30AM
STRENGTH &
CONDITIONING
RP

9:30AM
PURE STRENGTH
RP

10:30AM
POWER YOGA
BREATH & BODY

12:00PM
KICKBOXING
MORGAN

SPORTS CON
SHON

4:30PM
BOXING
JAKE

HIIT CIRCUIT
SHON

5:30PM
CYCLE
BRYAN

6:00PM
PURE STRENGTH
JAKE

6:30PM
FOUNDATION
YOGA FLOW
LEAH

FRIDAY

6:00AM
SPORTS CON
BRYAN

7:30AM
PURE STRENGTH
HENRY

8:00AM
FOUNDATION
YOGA FLOW
LEAH

9:30AM
BODY BATTLE
JAKE

BOXING
MORGAN

12:00PM
BOXING
JAKE

PURE STRENGTH
TAYLOR

4:30PM
BODY BATTLE
JAKE

5:30PM
BOXING
JAKE

5:45PM
SPORTS CON
BRYAN

SATURDAY

7:30AM
SPORTS CON
HENRY

POWER YOGA
BREATH & BODY

9:00AM
KICKBOXING
TAYLOR

CYCLE
BRYAN

STRENGTH &
CONDITIONING
HENRY

SUNDAY

9:00AM
STRENGTH &
CONDITIONING
ALEX

12:00PM
TRX TURF
JAKE

1:30PM
PURE STRENGTH
JAKE



FITNESS + TRAINING
CENTER