

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	BOXING/ KICKBOXING	STRENGTH – UPPER	TOTAL BODY CIRCUIT	STRENGTH – LOWER	METCON		
6:00 AM	BOXING/ KICKBOXING	STRENGTH – UPPER	TOTAL BODY CIRCUIT	STRENGTH – LOWER	METCON		
7:00 AM						<u>7:00AM</u> METCON	
8:30 AM	BOXING/ KICKBOXING	STRENGTH – UPPER	TOTAL BODY CIRCUIT	STRENGTH – LOWER	METCON	<u>8:00AM</u> METCON	<u>8:00AM</u> MEGA CIRCUIT
9:30 AM	STRETCH	TABATA TUESDAY	STRETCH	GLUTES, CORE & MORE	FRIDAY FINISHER	<u>9:00AM</u> BOXING	
						<u>10:00AM</u> HYROX	
5:00 PM	HYROX	STRENGTH – UPPER	TOTAL BODY CIRCUIT	STRENGTH – LOWER			
6:00 PM	HYROX	STRENGTH – UPPER	TOTAL BODY CIRCUIT	STRENGTH – LOWER			
OPEN GYM	5:00AM – 9:00PM	5:00AM – 9:00PM	5:00AM– 9:00PM	5:00AM – 9:00PM	5:00AM– 7:00PM	7:00AM– 1:00PM	7:00AM– 1:00PM