

Monday Mat 1 (L) Mat 2 (R)		Tues	sday	Wednesday		Thursday		Friday		Saturday	
		Mat 1 (L) Mat 2 (R)		Mat 1 (L) Mat 2 (R)		Mat 1 (L) Mat 2 (R)		Mat 1 (L) Mat 2 (R)		Mat 1 (L) Mat 2 (R)	
JERRABO	MBERRA			JERRAB	OMBERRA			JERRABO	OMBERRA		
OUTDOOR/INDO					OOR BOOTCAMP			OUTDOOR/IND	OOR BOOTCAMP		
06:00-	06:45			06:00	0-06:45			06:00	0-06:45		
		GROUP				GROUP					
		FITNESS				FITNESS					
		06:00-06:45				06:00-06:45					
		CARDIO				CARDIO					
		BOXING				BOXING					
		06:50-7:35				06:50-7:35					
											GROUP
											FITNESS
											08:00 - 08:30
											CARDIO
											BOXING
											08:30-9:15
											EDE EDEC
											FLEX 09:20-10:05
		GROUP		CARDIO		GROUP		GROUP			09:20-10:03
FLEX		FITNESS		BOXING		FITNESS		FITNESS			
10:00-10:30		10:00 - 10:30		10:00-10:30		10:00 - 10:30		10:00 - 10:30			
					•				•		
		GROUP				CARDIO					
		FITNESS				BOXING					
		12:30 - 13:00				12:30-13:00					
I	CARDIO		GROUP				CARDIO	Ĭ			
	BOXING		FITNESS		FLEX		BOXING				
	17:15-18:00		17:15-18:00		17:15-18:00		17:15-18:00				
		'						1			