

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 7:00	Semi Private Training		Semi Private Training		Semi Private Training	
6:15 – 7:00	FIT (conditioning)	STRONG (strength)		STRONG (strength)	BOX (boxercise)	
10:00 – 10:45	FIT (conditioning)	STRONG (strength)	FIT (conditioning)	STRONG (strength)	FIT (conditioning)	FIT (conditioning)
17:30 – 18:30					Semi Private Training	
18:00 – 19:00	Semi Private Training	Semi Private Training	Semi Private Training	Semi Private Training		
18:30 – 19:30					STRONG (strength)	
19:00 – 20:00	STRONG (strength)	BOX (boxercise) Semi Private Training	STRONG (strength)	BOX (boxercise)		
20:00 – 21:00	Semi Private Training	Semi Private Training	Semi Private Training	Semi Private Training		