



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Cardio	Strength	Boxing (RSB)	Strength	PWR! Moves
10:00-11:00	Cardio	Tai-Chi	PWR!/Strength	Neuroboxing	Volleyball
11:15-12:15	Circuit	Neuroboxing	Boxing (RSB)	Circuit	Volleyball
1:15-2:15	Boxing (RSB)	FAME	Circuit	FAME	
2:15-3:15					
4:00-5:00	Boxing (RSB)		Circuit	PWR!/Strength	