



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00-10:00</b>	Cardio	Strength	Boxing (RSB)	Strength	PWR! Moves
<b>10:00-11:00</b>	Circuit	Tai-Chi- All levels	Boxing (RSB)	Neuroboxing	Volleyball
<b>11:15-12:15</b>	Cardio	Boxing (RSB)	Strength/Circuit	PWR!	Volleyball
<b>1:15-2:15</b>	Boxing (RSB)	F.A.M.E.	Circuit	F.A.M.E.	
<b>2:15-3:15</b>					
<b>4:00-5:00</b>	Boxing (RSB)		Circuit	PWR!/Strength	