

Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	Boot Camp with Adam		Boot Camp with Adam		Boot Camp with Adam	
5:30 AM	Boot Camp with Adam		Boot Camp with Adam			
6:30 AM	Functional Circuit with Rick		HIIT Boxing with Rick		Tabata with Rick	
7:15 AM						Boot Camp with Adam
8:45 AM	ABSanity with Rick	Functional Circuit with Rick	Jabs 'N Abs with Rick	Tabata with Rick		Cardio Boxing with Rick
9:30 AM		Functional Circuit with Rick		Tabata with Rick		
7:00 PM	Jabs 'N Abs with Rick	10 Count with Rick	Wild Card Wednesday with Rick	Tabata with Rick		

To join classes please call:
 Rick (614) 282-9617 or
 Adam (704) 778-1700

