

FITNESS SCHEDULE

MORNING
EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:20am KICKBOXING & LEGS/CORE	8:30-9:00am Beginner Skill & Safety Class	8:30-9:20am KICKBOXING & LEGS/CORE		8:30-9:20am KICKBOXING & FULL BODY	8:15-9:15am KICKBOXING & FULL BODY
9:30-10:30am KICKBOXING & LEGS/CORE	9:00-9:50am BOXING & UPPER BODY BLOWOUT	9:30-10:00 CARDIO CIRCUIT TRAINING	9:00-10:00am BOXING & UPPER BODY BLOWOUT	9:30-10:30 AM KICKBOXING & FULL BODY	9:15-10:15am KICKBOXING & FULL BODY
	10:00-10:35am TONING: CORE, GLUTES, LEGS	10:00-10:30 TONING: BICEPS, TRICEPS, & SHOUL- DERS	10:00-10:30AM TONING: CORE, GLUTES, LEGS		
7:30-8:30pm KICKBOXING & LEGS/CORE	6:30pm-7:30pm BOXING & UPPER BODY BLOWOUT	7:30-8:30pm KICKBOXING & LEGS/CORE	6:30-7:30pm BOXING & UPPER BODY BLOWOUT	7:30-8:30pm KICKBOXING & FULL BODY	
	7:30-8:00PM TONING: CORE, GLUTES, & LEG		7:30-8:00pm TONING: CORE, GLUTES, & LEG		
	8:15-9:00pm KICKBOXING BOOTCAMP		8:15-9:00pm KICKBOXING BOOTCAMP		

STARTS SEPTEMBER 2018

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