

ENJOY OUR TRAINING CENTER!

Specialty Training // July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:00am Les Mills GRIT		5:30am-6:00am Les Mills GRIT		5:30am-6:00am Les Mills GRIT	
6:00am-6:50am Afterburn Air	6:00am-6:30am Les Mills GRIT	6:00am-6:50am Afterburn Air	6:00am-6:30am Les Mills GRIT		
8:00am-9:00am Elaine's Beginner Boot Camp		8:00am-9:00am Elaine's Beginner Boot Camp			8:15am-9:15am Boxing For Fitness and Self-Defense
8:30am-9:00am Les Mills GRIT		8:30am-9:00am Les Mills GRIT		8:30am-9:15am Fierce and Fit	
9:15am-10:15am Elaine's Stick With It Boot Camp	1:30pm-3:00pm LIVESTRONG® at the YMCA	9:15am-10:15am Elaine's Stick With It Boot Camp	1:30pm-3:00pm LIVESTRONG® at the YMCA	9:30am-10:30am OVERDRIVE Add On	9:30am-10:00am Les Mills GRIT
10:30am-11:30am LifeStyle 360		10:30am-11:30am LifeStyle 360		10:30am-11:30am LifeStyle 360	
6:00pm-6:30pm Les Mills GRIT	6:00pm-6:45pm Trim and Tone	6:00pm-6:30pm Les Mills GRIT	6:00pm-6:45pm Trim and Tone		
	6:30pm-7:30pm Boxing For Fitness and Self-Defense		6:30pm-7:30pm Boxing For Fitness and Self-Defense		
	7:00pm-8:00pm Celia's Changing Lives Boot Camp		7:00pm-8:00pm Celia's Changing Lives Boot Camp		

