



MONDAY

<u>Strength Class</u>	<i>Full body strength workout with</i>
19:00-20:00	<i>focus on mobility and technique</i>

TUESDAY

<u>Hyrox Squad</u>	<i>High-energy class to push your limits</i>
19:00-20:00	<i>and build total-body strength</i>

WEDNESDAY

<u>Strength Class</u>	<i>Full body strength workout with</i>
19:00-20:00	<i>focus on mobility and technique</i>

THURSDAY

<u>Her Fight Club</u>	<i>Women-only boxing class designed to</i>
18:00-19:00	<i>empower, energize, and inspire</i>

SATURDAY

<u>Intensity Circuit Training</u>	<i>Mobility warm-up into a circuit</i>
10:00-11:00	<i>mixing conditioning and weights</i>

<u>High Intensity Circuit</u>	<i>Mobility warm-up into a challenging</i>
<u>Training</u>	<i>conditioning circuit</i>
11:00-12:00	