

day	start	end	class name	muscles worked	ages	instructor
monday evening classes						
monday	4:00 PM	4:20 PM	💪 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	4:20 PM	4:40 PM	🚴 cardio & conditioning		all ages	coach james
monday	4:40 PM	5:00 PM	🥊 boxing		all ages	coach james
monday	5:00 PM	5:20 PM	💪 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	5:20 PM	5:40 PM	🚴 cardio & conditioning		all ages	coach james
monday	5:40 PM	6:00 PM	🥊 boxing		all ages	coach james
monday	6:00 PM	6:20 PM	💪 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	6:20 PM	6:40 PM	🚴 cardio & conditioning		all ages	coach james
monday	6:40 PM	7:00 PM	🥊 boxing		all ages	coach james
monday	7:00 PM	7:20 PM	💪 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	7:20 PM	7:40 PM	🚴 cardio & conditioning		all ages	coach james
monday	7:40 PM	8:00 PM	🥊 boxing		all ages	coach james
tuesday evening classes						
tuesday	4:00 PM	4:20 PM	💪 fitness - pull	back, biceps	all ages	coach james
tuesday	4:20 PM	4:40 PM	🚴 cardio & conditioning		all ages	coach james
tuesday	4:40 PM	5:00 PM	🥊 boxing		all ages	coach james
tuesday	5:00 PM	5:20 PM	💪 fitness - pull	back, biceps	all ages	coach james
tuesday	5:20 PM	5:40 PM	🚴 cardio & conditioning		all ages	coach james
tuesday	5:40 PM	6:00 PM	🥊 boxing		all ages	coach james
tuesday	6:00 PM	6:20 PM	💪 fitness - pull	back, biceps	all ages	coach james
tuesday	6:20 PM	6:40 PM	🚴 cardio & conditioning		all ages	coach james
tuesday	6:40 PM	7:00 PM	🥊 boxing		all ages	coach james
tuesday	7:00 PM	7:20 PM	💪 fitness - pull	back, biceps	all ages	coach james
tuesday	7:20 PM	7:40 PM	🚴 cardio & conditioning		all ages	coach james
tuesday	7:40 PM	8:00 PM	🥊 boxing		all ages	coach james
wednesday evening classes						
wednesday	4:00 PM	4:20 PM	💪 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	4:20 PM	4:40 PM	🚴 cardio & conditioning		all ages	coach james
wednesday	4:40 PM	5:00 PM	🥊 boxing		all ages	coach james
wednesday	5:00 PM	5:20 PM	💪 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	5:20 PM	5:40 PM	🚴 cardio & conditioning		all ages	coach james
wednesday	5:40 PM	6:00 PM	🥊 boxing		all ages	coach james
wednesday	6:00 PM	6:20 PM	💪 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	6:20 PM	6:40 PM	🚴 cardio & conditioning		all ages	coach james
wednesday	6:40 PM	7:00 PM	🥊 boxing		all ages	coach james

day	start	end	class name	muscles worked	ages	instructor
wednesday	7:00 PM	7:20 PM	💪 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	7:20 PM	7:40 PM	🚴 cardio & conditioning		all ages	coach james
wednesday	7:40 PM	8:00 PM	🥊 boxing		all ages	coach james

thursday evening classes

thursday	4:00 PM	4:20 PM	💪 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	4:20 PM	4:40 PM	🚴 cardio & conditioning		all ages	coach james
thursday	4:40 PM	5:00 PM	🥊 boxing		all ages	coach james
thursday	5:00 PM	5:20 PM	💪 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	5:20 PM	5:40 PM	🚴 cardio & conditioning		all ages	coach james
thursday	5:40 PM	6:00 PM	🥊 boxing		all ages	coach james
thursday	6:00 PM	6:20 PM	💪 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	6:20 PM	6:40 PM	🚴 cardio & conditioning		all ages	coach james
thursday	6:40 PM	7:00 PM	🥊 boxing		all ages	coach james
thursday	7:00 PM	7:20 PM	💪 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	7:20 PM	7:40 PM	🚴 cardio & conditioning		all ages	coach james
thursday	7:40 PM	8:00 PM	🥊 boxing		all ages	coach james

friday evening classes

friday	4:00 PM	4:20 PM	💪 fitness - butt & hips	glutes, hips	all ages	coach james
friday	4:20 PM	4:40 PM	🚴 cardio & conditioning		all ages	coach james
friday	4:40 PM	5:00 PM	🥊 boxing		all ages	coach james
friday	5:00 PM	5:20 PM	💪 fitness - butt & hips	glutes, hips	all ages	coach james
friday	5:20 PM	5:40 PM	🚴 cardio & conditioning		all ages	coach james
friday	5:40 PM	6:00 PM	🥊 boxing		all ages	coach james
friday	6:00 PM	6:20 PM	💪 fitness - butt & hips	glutes, hips	all ages	coach james
friday	6:20 PM	6:40 PM	🚴 cardio & conditioning		all ages	coach james
friday	6:40 PM	7:00 PM	🥊 boxing		all ages	coach james
friday	7:00 PM	7:20 PM	💪 fitness - butt & hips	glutes, hips	all ages	coach james
friday	7:20 PM	7:40 PM	🚴 cardio & conditioning		all ages	coach james
friday	7:40 PM	8:00 PM	🥊 boxing		all ages	coach james