

~ March 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Weights Boot Camp 6-6:45am	2 NEW Circuit Training 8:30- 9:30am Muay Thai 9:30am -10:30am
3	4 Kickboxing Boot Camp 6-6:45am NEW Boxing Circuit Training 7-8pm	5	6 Boxing Boot Camp 6-6:45am	7 NEW Circuit Training 12-12:45pm Boxing Class 7-8pm	8 Last Day of Boot Camp Weights Class 6- 6:45am	9 Circuit/Weight Training 9:30 - 10:30am NO MUAY THAI CLASS
10	11 Public Holiday CLOSED	12	13 Circuit Training Boot Camp 6-7am	14 NEW Circuit Training 12-12:45pm Boxing Class 7-8pm	15 Circuit Training/Weights Boot Camp 6-7am	16 NEW Circuit Training 8:30- 9:30am Muay Thai 9:30am -10:30am
17	18 Circuit Training Boot Camp 6-7am NEW Strength Training Class 12-12:45pm NEW Boxing Circuit Training 7-8pm	19	20 Circuit Training Boot Camp 6-7am	21 NEW Circuit Training 12-12:45pm Boxing Class 7-8pm	22 Last Day of Circuit Training Boot Camp 6-7am	23 NEW Circuit Training 8:30- 9:30am Boot Camp Starts! Muay Thai 9:30am -10:30am
24	25 Kickboxing Boot Camp 6-6:45am NEW Strength Training Class 12-12:45pm NEW Boxing Circuit Training 7-8pm	26	27 Boxing Boot Camp 6- 6:45am	28 NEW Circuit Training 12-12:45pm Boxing Class 7-8pm	29	30 NEW Circuit Training 8:30- 9:30am Muay Thai 9:30am -10:30am
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