



October 2024/ UNIVERSTIY PLACE COED GROUP TRAINING SCHEDULE

	Sunday		Tuesday	Wed	Thursday	Friday	Saturday
9:00 am	Bootcamp Montre	Bootcamp Tyler		Bootcamp Tyler		BootyCamp Madalene	Bootcamp Eddie
9:30 am			Circuit Kaylee		Circuit Kaylee		
11:00 am				*Cardio Box William			
5:00 pm			KidFit Eddie	Bootcamp Jay	KidFit Eddie	*Kickbox Circuit/William	
6:00 pm		Bootcamp Roman	Circuit Mandy				
7:00 pm		Core Blast Madalene		Lower Body Blast/ Eddie			

Class Descriptions:

Bootcamp – Open to all fitness levels. A total body workout guided by our Coaches who will lead to push and complete strength, cardio and endurance drills while having fun in a group setting.

Bootycamp – The workout focuses on lower body, glutes and hamstrings to teach you how to work these muscles effectively while toning the booty.

CardioBox – Cardio intervals inspired in boxing and martial arts with some striking and punching to the bags and targets.

Circuit – Stations of strength, cardio, agility and endurance lead by your coach.

Kickbox Circuit – Inspired on kickboxing you will kick and punch your way to shape combined with strength and agility circuits.

BLAST – 20 minutes of intense exercises that will focus on a specific body part.

KidFit – Open to children 6+. Join coach for games and exercises that improve agility, speed, coordination, and overall physical health. Parents are welcome to join. Child must be part of a platinum or all in membership plan.

*All in membership class