

PWR FIT Class *Weekly schedule*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30	Pull Day - functional strength	Leg Day- Strength	Elevate - Cardio focused class	Upper Body - Strength	Hybrid - Strength & Fitness		
06:15	Pull Day - functional strength	Leg Day- Strength	Elevate - Cardio focused class	Upper Body - Strength	Hybrid - Strength & Fitness		
07:00	Pull Day - functional strength	Leg Day- Strength		Upper Body - Strength	PWR Pilates - Mat pilates class	Hybrid - Strength & Fitness	
07:15			PWR Pilates - Mat pilates class				Functional Strength & Fitness
08:00						PWR Pilates - Mat pilates class	Functional Strength & Fitness
9:00	Pull Day - functional strength	Leg Day- Strength	Elevate - Cardio focused class	Upper Body - Strength	PWR BOX FIT - Full body boxing class		Yoga
10:15					Elevate - Cardio focused class		
12:15	PWR BOX FIT - Full body boxing class	PWR Pilates - Mat pilates class	PWR BOX FIT - Full body boxing class		Functional Strength		
3:30			Kids Gym - Kids strength & Fitness				
5:30			Elevate - Cardio focused class				
6:00	Pull Day - functional strength	Leg Day- Strength		Upper Body - Strength			
6:15			Stretch & flow				