

# IGNITION 7

## GROUP FITNESS TIMETABLE 13<sup>th</sup> July 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Box Fit	A.B.T Kick Fit	Tabata 12	Boxing Boot Camp	10 Rounds		
7:00am						Boxing Boot Camp	
5:30pm	Boxing Boot Camp	Kick-Box Express	Boxing Boot Camp	Kick Fit Boot Camp	Boxing Boot Camp		Tabata Box Fit
7:00pm		Box-It Fit Camp		Tabata Pump			

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