

IGNITION 7

GROUP FITNESS TIMETABLE 10th May 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Box Fit	A.B.T Kick Fit	Tabata 12 Bag Box	Boxing Boot Camp	10x5 Circuit Bag Box		
7:00am						Boxing Boot Camp	
5:30pm	Boxing Boot Camp	Circuit Kick Boxercise	Boxing Boot Camp	i7 Grind Bag Box	Boxing Boot Camp		Tabata Box Fit
6:45pm	Tabata Pump	Boxing Boot Camp	Ultimate Strength	Resistance and Recovery			