

ADULT PROGRAM

JUNIOR PROGRAM

GYM CLASS

RISE UP PROGRAM

TIME	MON	TUE	WED	THU	FRI	SAT
6AM		BACK TO BASIC FITNESS (6:30AM-7:30AM) FIT FOR LIFE (6:45AM-8:00AM)		BACK TO BASIC FITNESS (6:30AM-7:30AM) FIT FOR LIFE (6:45AM-8:00AM)		
7AM	HAPKIYUSUL (7:00am-8:30am)					
8AM		IRON MAIDENS (8:30AM-9:30AM)		IRON MAIDENS (8:30AM-9:30AM)		
9AM						GET FIT BOXING (9:00am-10:00am)
10AM						CLUB BOXING - SPARING (10:00am-12:00pm) LIFT UP (10:00am-10:45am)
11AM	HIIT & STRENGTH (11:00am-11:45am)	LIFT UP (11:00am-11:45am)	HIIT & STRENGTH (11:00am-11:45am)	HIIT & STRENGTH (11:00am-11:45am)		
4PM	JUNIOR BOXING (4:00pm-4:45pm)	JUNIOR BOXING (4:00pm-4:45pm)	JUNIOR BOXING (4:00pm-4:45pm) LEARN TO PLAY BASKETBALL (4:00pm-4:45pm) YOUTH FITNESS (14+) (4:15pm-5:00pm)	YOUTH FITNESS (14+) (4:15pm-5:00pm)		
5PM	CLUB BOXING Amateur Boxing (5:00pm-6:30pm) LIFT UP (5:00pm-5:45pm)	CLUB BOXING Amateur Boxing (5:00pm-6:30pm)	CLUB BOXING Amateur Boxing (5:00pm-6:30pm)	CLUB BOXING Amateur Boxing (5:00pm-6:30pm)	CLUB BOXING Amateur Boxing (5:00pm-6:30pm)	
6PM	GET FIT BOXING (6:30pm-7:30pm)	GET FIT BOXING (6:30pm-7:30pm)	GET FIT BOXING (6:30pm-7:30pm)	GET FIT BOXING (6:30pm-7:30pm)		
7PM			HAPKIYUSUL (7:30pm-9:00pm)			