

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STRIKE</b> 10:30 AM Carlos Boxing Studio	<b>Burn 360</b> 9:00 AM Elizabeth TRX Studio	<b>STRIKE</b> 8:00 AM Katie Boxing Studio	<b>STRIKE</b> 9:00 AM Carlos Boxing Studio	<b>STRIKE</b> 8:30 AM Katie Boxing Studio	<b>TRX</b> 10:00 AM Rich TRX Studio	<b>STRIKE</b> 11:00 AM Carlos Boxing Studio
<b>Burn 360</b> 6:00 PM Elizabeth TRX Studio	<b>STRIKE</b> 10:00 AM Rich Boxing Studio	<b>TRX Power Core</b> 9:30 AM Rich TRX Studio	<b>STRIKE</b> 10:00 AM Rich Boxing Studio	<b>TRX</b> 9:30 AM Rich TRX Studio	<b>STRIKE</b> 11:00 AM Rich Boxing Studio	
<b>STRIKE</b> 6:30 PM Katie Boxing Studio	<b>Burn 360</b> 6:30 PM Carlos TRX Studio	<b>TRX Express</b> 10:00 AM Rich TRX Studio	<b>STRIKE</b> 6:30 PM Rich Boxing Studio	<b>STRIKE</b> 10:30 AM Rich Boxing Studio		
<b>TRX Express</b> 7:00 PM Rich TRX Studio	<b>STRIKE</b> 6:30 PM Rich Boxing Studio	<b>STRIKE</b> 5:30 PM Carlos Boxing Studio				
<b>TRX Power Core</b> 7:30 PM Rich TRX Studio		<b>TRX</b> 7:00 PM Rich TRX Studio				

Reservation  
Required 

**Club Hours**

**Monday-Friday**  
5 AM - 11 PM


**Saturday - Sunday**  
7 AM - 7 PM

**Kids' Club Hours**

**Monday-Friday**  
8:30 AM - 1:30 PM & 3:30PM - 9PM

**Saturday - Sunday**

**Note:** Class and instructors are subject to change without prior notice. **Reservations open at 4PM. As a courtesy to other members, please**

 Cellphones are not permitted in class. Thank You