

Monday	Tuesday	Wednesday	Thursday	Friday
Cross Training	Bootcamp	Strength	Boxing Bootcamp	Tacfit
0600-0645	0600-0700	0600-0645	0600-0700	0600-0645
Women's Cross Training	Women's Tacfit	Women's Cross Training	Women's Boxing	Women's Cross training
0930-1015	0930-1015	0930-1015	0930-1015	0930-1015
Tacfit	Strength	Boxing	Cross Training	
1800-1845	1800-1845	1800-1845	1800-1845	