



ABSOLUTE FITNESS LTD

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Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 AM Conditioning		6:00 AM Conditioning		
9:30 AM Conditioning		9:30 AM Conditioning		9:30 AM Conditioning	
12:00 PM Conditioning	All Levels Kickboxing 10:45 AM	12:00 PM Conditioning	All Levels Kickboxing 10:45 AM	12:00 PM Conditioning	10:30 AM Conditioning
					*1:00 PM Movement & Mobility
6:00 PM Conditioning	5:30 PM Conditioning	6:00 PM Conditioning	5:30 PM Conditioning		
7:00 PM Conditioning		7:00 PM Conditioning			
7:00 PM Beginner Kickboxing	7:00 PM Muay Thai	7:00 PM Beginner Kickboxing	7:00 PM Muay Thai		

***Classes in bold are held on the main floor.**