

ABSOLUTE FITNESS LTD

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Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 AM		6:00 AM		
	Conditioning		Conditioning		
0.20 484		0.20 484		0.20 414	
9:30 AM Conditioning		9:30 AM Conditioning		9:30 AM Conditioning	
0		0		0	
	All Levels		All Levels		
	Kickboxing 10:45 AM		Kickboxing 10:45 AM		10:30 AM Conditioning
12:00 PM	10.45 AW	12:00 PM	10.43 AW	12:00 PM	Conditioning
Conditioning		Conditioning		Conditioning	16.5.00
					*1:00 PM Movement
					& Mobility
	5:30 PM		5:30 PM		
6:00 PM	Conditioning	6:00 PM	Conditioning		
Conditioning		Conditioning			
7:00 PM Conditioning		7:00 PM Conditioning			
contacting		Containing			
7:00 PM	7:00 PM	7:00 PM	7:00 PM		
Beginner Kickboxing	Muay Thai	Beginner Kickboxing	Muay Thai		
J	*Classas :	_	ld on the met	n floor	
*Classes in bold are held on the main floor.					