

# ***Studio Two*** // *Upstairs*

MON

TUE

WED

THU

FRI

SAT

6:00 AM

**Boxing**

**Boxing**

7:00 AM

**Strength -  
Upper Body**

9:30 AM

12:00 PM

**Mobility**

**Mobility**

**Mobility**

4:30 PM

5:30 PM

**Mobility**

**Boxing**

**Mobility**

6:30 PM

**Kick Boxing**