

CARDIO KICKBOXING

7:15PM

GROUP FITNESS SCHEDULE

KICKBOXING - BO	XING - GYM					
TIME	MON	TUE	WED	THU	FRI	SAT
6:30AM 7:30AM	ATL CARDIO BOXING	ATL CARDIO BOXING	ATL CARDIO BOXING	ATL CARDIO BOXING		
9:30AM 10:30AM						ATL CARDIO KICKBOXING
12:00PM 12:30PM	ATL CARDIO BOXING	ATL CARDIO BOXING	ATL CARDIO KICKBOXING	ATL CARDIO BOXING		
5:15PM 6:15PM	ATL BOOT CAMP	ATL CARDIO KICKBOXING	ATL CARDIO BOXING	ATL CARDIO KICKBOXING	ATL BOOT CAMP	
6:15PM	ATL CARROW WAY TO A CONTROL	ATL	ATL	ATL CARRIO DOVING		

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