

Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					•	
5AM to 6AM	5AM to 6AM	5AM to 6AM	5AM to 6AM	5AM to 6AM		
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR		
SGPT	SGPT	SGPT	SGPT	SGPT		
					1	
6AM TO 7AM	6AM TO 7AM	6AM TO 7AM	6AM TO 7AM	6AM TO 7AM		
REGULAR SGPT	SPECIAL BOOTCAMP	REGULAR SGPT	SPECIAL BOOTCAMP	REGULAR SGPT		
3071	BOUTCAIVIP	3071	BOUTCAIVIP	JUPI	J	
7AM TO 8AM	7AM TO 8AM	7AM TO 8AM	7AM TO 8AM	7AM TO 8AM]	
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR		
SGPT	SGPT	SGPT	SGPT	SGPT		
					8AM TO 9AM	
					SPECIAL	
					BOOTCAMP	
9AM TO 10AM	9AM TO 10AM	9AM TO 10AM	9AM TO 10AM	9AM TO 10AM	9AM TO 10AM	11AM TO 12PM
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	SPECIAL
neoor.n		SGPT	SGPT	SGPT	BUTTS & GUTTS	SELF DEFENSE
SGPT	SGPT					
SGPT	SGPT	3011			•	
SGPT	3GP1 11AM TO 12PM	Juri	11AM TO 12PM		10AM TO 11AM	
SGPT					10AM TO 11AM SPECIAL	
SGPT	11AM TO 12PM	3011	11AM TO 12PM			
SGPT	11AM TO 12PM SPECIAL	3011	11AM TO 12PM SPECIAL		SPECIAL	
	11AM TO 12PM SPECIAL LOW IMPACT		11AM TO 12PM SPECIAL LOW IMPACT		SPECIAL BOXING	
4PM TO 5PM	11AM TO 12PM SPECIAL LOW IMPACT 4PM TO 5PM	4PM TO 5PM	11AM TO 12PM SPECIAL LOW IMPACT 4PM TO 5PM	4PM TO 5PM	SPECIAL BOXING	
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