

Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	
36.1	30. 1	30. 1	30. 1	30. 1	
6AM TO 7AM	6AM TO 7AM	6AM TO 7AM	6AM TO 7AM	6AM TO 7AM	
SPECIAL	REGULAR	SPECIAL	REGULAR	REGULAR	
BOOT CAMP	SGPT	BOOT CAMP	SGPT	SGPT	
DOOT CAN	3011	DOOT CAIVII	3011	3011	l
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	
3011	3011	3011	3011	3011	_
8AM TO 9AM	8AM TO 9AM	8AM TO 9AM	8AM TO 9AM		8AM TO 9AM
SPECIAL	SPECIAL	SPECIAL	SPECIAL		BOOT CAMP
BOXING	C KICKBOXING	BOXING	C KICKBOXING		SGPT
DOMING	CKICKDOKING	DOMING	CHICKDOMING	I	3311
9AM TO 10AM	9AM TO 10AM	9AM TO 10AM	9AM TO 10AM	9AM TO 10AM	9AM TO 10AM
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	BUTTS & GUTTS
SGPT	SGPT	SGPT	SGPT	SGPT	SGPT
3011	3011	3011	3011	3011	3011
11AM TO 12PM	11AM TO 12PM	11AM TO 12PM	11AM TO 12PM	11AM TO 12PM	10AM TO 11AM
SPECIAL	SPECIAL	SPECIAL	SPECIAL	SPECIAL	SPECIAL
SENIOR FIT	TBA	SENIOR FIT	ТВА	SENIOR FIT	BOXING
			ТВА	SENIOR FIT	11AM TO 12PM REGULAR
			T B A	SENIOR FIT	11AM TO 12PM
	T B A		ЗРМ ТО 4РМ	SENIOR FIT	11AM TO 12PM REGULAR
	T B A 3PM TO 4PM SPECIAL		3PM TO 4PM SPECIAL	SENIOR FIT	11AM TO 12PM REGULAR
	T B A		ЗРМ ТО 4РМ	SENIOR FIT	11AM TO 12PM REGULAR
	T B A 3PM TO 4PM SPECIAL		3PM TO 4PM SPECIAL	SENIOR FIT	11AM TO 12PM REGULAR
SENIOR FIT 4PM TO 5PM	3PM TO 4PM SPECIAL H.S. ATHLETIC	SENIOR FIT 4PM TO 5PM	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM	4PM TO 5PM	11AM TO 12PM REGULAR
SENIOR FIT	T B A 3PM TO 4PM SPECIAL H.S. ATHLETIC	SENIOR FIT	3PM TO 4PM SPECIAL H.S. ATHLETIC		11AM TO 12PM REGULAR
SENIOR FIT 4PM TO 5PM REGULAR	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR	SENIOR FIT 4PM TO 5PM REGULAR	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR	4PM TO 5PM REGULAR	11AM TO 12PM REGULAR
SENIOR FIT 4PM TO 5PM REGULAR	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR	SENIOR FIT 4PM TO 5PM REGULAR	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR	4PM TO 5PM REGULAR	11AM TO 12PM REGULAR
SENIOR FIT 4PM TO 5PM REGULAR SGPT	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR SGPT	SENIOR FIT 4PM TO 5PM REGULAR SGPT	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR SGPT	4PM TO 5PM REGULAR SGPT	11AM TO 12PM REGULAR
4PM TO 5PM REGULAR SGPT 5PM TO 6PM	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR SGPT 5PM TO 6PM	4PM TO 5PM REGULAR SGPT 5PM TO 6PM	3PM TO 4PM SPECIAL H.S. ATHLETIC 4PM TO 5PM REGULAR SGPT 5PM TO 6PM	4PM TO 5PM REGULAR SGPT 5PM TO 6PM	11AM TO 12PM REGULAR
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BOOT CAMP = FAXON FIELD - 34 Coddington St , Quincy, 02169