

Wood's cardioKICKBOX



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CROSS KICK Fitness Kickboxing meets Cross Training	9:30-10:15 am 5:00-5:45pm 7:15-8:00pm	5:15pm-6:00pm	7:15-8:00pm		9:30-10:15am 5:00-5:40pm	9:30-10:15am	9:30-10:15 am
Cage Fitness		6:00pm		6:00pm			

Please note: TRX classes are an additional charge of \$10 per class.



905-777-9663