

TEAM TRAINING SCHEDULE



GLADIATOR

JR GLADIATOR

MON

TUE

WED




THU



FRI

SAT

MORNING




AFTERNOON / EVENING

			9:00 CAESAR 		9:00 CAESAR  Strength & Boxing
					10:30 CAESAR 

					9:00 CAESAR  Strength & Boxing
					10:30 CAESAR 

SUN

SUN

					MORNING
					9:00 CAESAR  Strength & Boxing
5:00 CAESAR 		5:00 CAESAR 			

					MORNING
					9:00 CAESAR  Strength & Boxing

RESERVATIONS REQUIRED FOR ALL CLASSES

CLASS DESCRIPTIONS

GLADIATOR BOOTCAMP



GLADIATOR BOOTCAMP

The Gladiator Bootcamp is a 60-minute class that incorporates light to moderate weight training, cardio, and kickboxing techniques! This dynamic and high-energy program will have its members feeling like they are part of a team. Along with strength-building exercises, you'll learn powerful kickboxing techniques to improve coordination, stamina, and agility, all while boosting your cardiovascular fitness.

Kickboxing is a full-body workout that blends martial arts and boxing, using punches, kicks, and footwork to engage multiple muscle groups, enhancing both strength and endurance. It's an effective way to burn calories, increase flexibility, and improve your mental focus. Whether you are looking to tone your body or relieve stress, kickboxing adds an exciting and challenging element to your fitness routine.

This class is perfect for anyone with goals of weight loss, muscle gain, fat burning, and overall health improvements. As a member of this program, you'll also gain access to a private Fitness page to help with your progress, providing motivation, nutritional pointers, and tips to MAXIMIZE your fitness goals! Coach Caesar is available to answer any questions and guide you throughout your journey.

JR GLADIATORS



JR GLADIATORS

The JR Gladiators program is for children ages 8-12 years old. This class will help develop basic fundamentals in athletics, overall strength and health. Our JR Gladiator is fit for all kids looking to bring out the athlete within them! We offer everything your child will need for speed, agility, and team building skills. Bring your child in to help not only keep them active, but help them learn training skills they need to succeed in the future!