

FITNESS

schedule of classes

● Monday

5:30am- DUT

11:30am- DUT

4:30pm- DUT

5:30pm- Boxing Conditioning

6:30pm- DUT

● Tuesday

5:30am- Boxing Conditioning

11:00am- Boxing Conditioning/
Bag Work

4:30pm- DUT

5:30pm- Boxing Conditioning/
Bag Work

5:30pm- DUT

● Wednesday

5:30am- High Octaine

11:30am- DUT

4:30pm- DUT

5:30pm- Boxing Conditioning

6:30pm- DUT

● Thursday

5:30am- Boxing Conditioning

11:00am- Boxing Conditioning/
Bag Work

4:30pm- Restorative Yoga

5:30pm- Boxing Conditioning/
Bag Work

5:30pm- DUT

● Friday

5:30am- DUT

11:30am- Restorative Yoga

5:30pm- DUT

● Saturday

9:00am- Empowering Fathers.
first Saturday of Every Month

10:00am- DUT

11:00am- Boxing Conditioning

