

## OPEN Gym Times

Monday - Friday only  
7-9am, 10-12, 3-5pm



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-5:45am	Boxing JD		Boxing JD		Interval Training Amelia		
5:30 - 6:15am		Strength/Cardio Interval Training Nate		Strength/Cardio Interval Training Nate			
7:30- 9:00am						Boxing - Kickboxing-Strength JD	
9-10am	Boxing JD	WOD Strength/Cardio Interval Training	Cardio/Strength Interval Training Amelia	WOD Strength/Cardio Interval Training	Boxing JD		
10-11am							Boxing Dante
10:30- 11:30am						Boxing JD	
5-5:45pm		Kickboxing Amy		Kickboxing Amy	Boxing JD		
5-6pm	Boxing JD		Boxing JD				
5:45-6:30 pm	WOD Strength/Cardio Interval Training *sign up required		WOD Strength/Cardio Interval Training *sign up required		WOD Strength/Cardio Interval Training *sign up required		
6:15-7pm		Boxing JD		Boxing JD			

Classes end with Abs, Booty and Stretching  
Classes subject to change based on client demand

480-707-9988  
7830 E Redfield Rd Ste 2/3 - Scottsdale 85260  
\*\*\*\*\*Located inside MH Fitness\*\*\*\*\*