

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-5:45am	Boxing JD		Boxing JD		Boxing JD		
5:30 - 6:15am		Kickboxing Amy		Kickboxing Amy			
8-9:30 am						Boxing - Kickboxing-Strength JD	
9-10am	Boxing JD				Boxing JD		
10-11am						Boxing JD	Boxing JD
5-5:45pm		Kickboxing Amy		Kickboxing Amy			
5-6pm	Boxing JD		Boxing JD				
6:15-7pm		Boxing JD		Boxing JD			

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

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 *****Located inside MH Fitness*****