


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am Fury (Jess)		5:00am Boxing Fury (Jess)		5:00am Strong Fury (Nick)		
	6:00am Strong Fury (Nick)	6:00am Strong Fury (Jess)	6:00am Fury (Jess)	6:00am Boxing Fury (Nick)	8:00am Boxing Express (Rotation)	

8:30am Boxing Express 30 min. (Kim)		8:30am Strong Fury (Matt)	8:30am Fury (Merv)	8:30am Fury (Kim)	8:30am Fury (Rotation)	
9:30am Fury (Merv)	9:00am Mobility (Shawn)		9:30am Boxing Fusion (Merv)	9:30am Mobility (Shawn)		9:00am Pop-Up Fury Instructor's Choice (Rotation)
	9:30am Strong Fury (Merv)	10:30am Boxing Fury (Randi)				

			5:30pm Boxing Fury (Randi)		 <p>SMALL GROUP TRAINING</p> <p>Schedule effective September 16, 2019</p>
6:00pm Fury Kettlebell (Nick)	6:00pm Fury (Cole)	6:00pm Strong Fury (Merv)	6:30pm Fury (Randi)		
7:00pm Strong Fury (Jess)					