Able Strength Fitness

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **5:30AM** | **STRENGTH** **CONDITION**MARK | **CARDIO****KICKBOXING** MARK | **STRENGTH** **CONDITION**MARK | **CARDIO****BOXING**IB | **STRENGTH** **CONDITION**MARK |  |  |
| **8:30AM** |  |  |  |  |  | **STRENGTH** **CONDITION**CLAUDETTE |  |
| **9:30AM** |  |  |  |  |  |  |  |
| **10:00AM** | **CARDIO****KICKBOXING**MARK | **CARDIO BOXING**MARK | **STRENGTH****CONDITION**MARK | **ALL AGES****BOXING****DEVELOP**MARCUS | **CARDIO****BOXING**IB | **ALL AGES****BOXING****DEVELOP**JOCELYN |  |
| **11:00AM** | **STRENGTH** **CONDITION**MARK |  |  |  | **STRENGTH** **CONDITION**IB |  |  |
| **11:30AM** |  |  |  |  |  | **ADULT****SPARRING**MARK |  |
| **CLOSED****12:00PM****OPEN****3:00PM** | **CLOSED****12:00PM****OPEN****3:00PM** | **CLOSED****12:00PM****OPEN****3:00PM** | **CLOSED****12:00PM****OPEN****3:00PM** | **CLOSED****12:00PM****OPEN****3:00PM** | **CLOSED****12:00PM****OPEN****3:00PM** | **CLOSE****AT 2:00PM** | **CLOSE****AT 12:00PM** |
| **4:30PM** | **ALL AGES****BOXING****DEVELOP**MARKMARCUS | **STRENGTH** **CONDITION**IB | **ALL AGES****BOXING****DEVELOP**MARKMARCUS | **STRENGTH** **CONDITION**LLOYD |  |  |  |
| **5:30PM** | **STRENGTH** **CONDITION**IB | **CARDIO****KICKBOXING** MARK | **STRENGTH** **CONDITION**LLOYD | **CARDIO****BOXING**IB | **ALL AGES****BOXING****DEVELOP**MARK |  |  |
| **5:30PM** | **YOUTH****BOXING /****SPARRING**MARK | **YOUTH****BOXING /****SPARRING**IB | **ADULT****SPARRING**IB | **YOUTH****BOXING / SPARRING**MARK |  |  |  |
| **6:45PM** | **CARDIO****BOXING**IB | **ALL AGES****BOXING****DEVELOP**MARK | **CARDIO****BOXING**LLOYD | **ALL AGES****BOXING****DEVELOP**IB |  |  |  |
| **OPEN HOURS** | **5:00AM-12:00PM****3:00PM – 8:00PM** | **5:00AM-****12:00PM****3:00PM – 8:00PM** | **5:00AM-****12:00PM** **3:00PM –** **8:00PM** | **5:00AM-12:00PM****3:00PM – 8:00PM** | **5:00AM-12:00PM****3:00PM – 7:00PM** | **7:00AM****2:00PM** | **8:00AM-12:00PM** |

Class Schedule