A logo with a person holding a disc

Description automatically generatedAble 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**  MARK  MARCUS | **STRENGTH**  **CONDITION**  IB | **ALL AGES**  **BOXING**  **DEVELOP**  MARK  MARCUS | **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