



T4L Fitness Schedule

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	
530pm	Cardio Kickboxing	Xtreme Hip Hop			Open Gym	Private 1:1 sessions available
630pm	HIIT Fit	HIIT Fit	HIIT Fit	HIIT Fit	Open Gym	Family, First Responder, LEO & Military Discounts available
730pm	Combat Cardio		Combat Cardio		Open Gym	 SCAN FOR FREE WEEK TRIAL T4L