

Box2Beat Timetable

Monday

9:15 am **Boxfit**
10:15 am **Pedal and Power**
6:00 pm **Boxfit**
7:00 pm **Weights and Abs**

Tuesday

9:15 am **Mega Mix**
10:15 am **Boxfit**
5:30 pm **Cardio Kettlebells (30 mins)**
6:00 pm **Circuits**
7:00 pm **Boxfit**

Wednesday

9:15 am **Cardio Kettlebells (30 mins)**
10:00 am **Boxfit**
6:00 pm **Pedal and Power**
7:00 pm **Boxfit**

Thursday

5:00 pm **HIIT**
6:00 pm **Mega Mix**
7:00 pm **Boxfit**

Friday

9:15 am **HIIT**
10:00 am **Boxfit**
6:00 pm **Combo**
7:00 pm **Boxfit**

Saturday

8:30 am **Kids Club (30 mins)**
9:00 am **Cardio Kettlebells (30 mins)**
9:30 am **Pedal and Power**
10:30 am **Strength and Conditioning**

Sunday

9:00 am **Cardio Power Bags**