

FITLAB FT (FT) & FITLAB Fight Club (FFC) **SCHEDULE**



MONDAY

8:30am - HIIT the Turf (FT Turf Area)

5:30pm - HIIT the Turf (FT Turf Area)

6:30pm - Fight Club (Boxing Room)

TUESDAY

8:30am - HIIT the Turf (FT Turf Area)

9:30am – Fight Club (Boxing Room)

5:30pm - HIIT the Turf (FT Turf Area)

6:30pm - Fight Club (Boxing Room)

WEDNESDAY

9am - HIIT the Turf (FT Turf Area)

5:30pm - HIIT the Turf (FT Turf Area)

6:30pm - Fight Club (Boxing Room)

THURSDAY

8:00am - HIIT the Turf (FT Turf Area)

9:00am - HIIT the Turf (FT Turf Area)

5:30pm - HIIT the Turf (FT Turf Area)

6:30pm - Fight Club (Boxing Room)

FRIDAY

8am - HIIT the Turf (FT Turf Area)

9am - Fight Club (Boxing Room)

SATURDAY

8:30am - HIIT the Turf (FT Turf Area)

10am - Fight Club (Boxing Room)