

COMPLETEBODY

19th Street

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				11:00 AM (45 Min) Boot Camp Alex
6:00 PM (45 Min) Boot Camp Alex	6:00 PM (45 Min) Fight Club Alex	6:00 PM (45 Min) Boot Camp Alex		
			Scan to schedule your next class	

Fight Club:

Fight club is a class that focus on making you move like a boxer and on helping you fix your technique; Combos, footwork, jump rope, heavy bag, pad works!

(Highly recommended to bring your own boxing gloves)

The Boot Camp:

Made to improve your cardio and strength using various different exercises : heavy ropes, kettle bell, dumbbell, body weight, TDX, Assault bike.

This class is about alternating short periods of intense or explosive work with brief recovery periods.