


# COMPLETEBODY

19th Street

## Class Schedule NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1:00 PM (45 Min) <b>Boot Camp</b> Gustavo
6:30 PM (45 Min) <b>Fight Club</b> John-Ivan		6:00 PM (45 Min) <b>Fight Club</b> John-Ivan	6:00 PM (45 Min) <b>Boot Camp</b> 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.