

PACOME TRAINING STUDIO

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM							
8:00 AM							
9:00 AM							BOXING SPARRING
10:00 AM	BOOTCAMP / BBF	SHAPE UP (Diane)	BOOTCAMP (Diane)	BOOTCAMP (Diane)			BOOTCAMP ELITE
11:00 AM	KIDS BOXING (5 - 12)						
12:00 PM	KICK BOXING (12 - 16)						
1:00 PM							
2:00 PM		BOXING	BOXING	BOXING	BOXING		
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM		LION BOOTCAMP	TAG-BO CLASS	BOOTCAMP (Nath)	TAG-BO CLASS	BOXING SPARRING	
7:00 PM		BBF	KICK BOXING	BBF	KICK BOXING / BBF		
8:00 PM		PUSH TO THE LIMIT	CIRCUIT CHALLENGE	PUSH TO THE LIMIT	CIRCUIT CHALLENGE		



WINTER 2018 SCHEDULE