

# COMBINE FITNESS

TRAINING AND PERFORMANCE

## 2017 WINTER SCHEDULE

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:00	Combine Movement	Combine Training	Combine Challenge	TRX® Fusion	Combine Strength		
6:30							
7:00							
7:30							
8:00							
8:30						Combine Movement	TRX® Fusion
9:00							
9:30	Combine Training	TRX® Fusion	Core Combine Training	Combine Strength	Combine Boxing	Combine Training	Core Combine Training
10:00							
10:30					Combine Yoga		
11:00							
11:30							
12:00	Combine Strength	Combine Movement	Combine Challenge	Combine Training	TRX® Fusion	Combine Challenge	Combine Strength
12:30							
1:00							
1:30							
4:30	Combine Movement	Core Combine Training	Combine Strength	TRX® Fusion	Combine Training		
5:00							
5:30	Combine Training	TRX® Fusion	Core Combine Training	Combine Challenge	Combine Strength		
6:00							
6:30	Combine Challenge	Core Combine Training	Combine Strength	Combine Boxing			
7:00							
7:30	Combine Boxing	Combine Strength	Combine Training	Combine Movement			
8:00							
8:30							
9:00							