


FUNCTIONAL TRAINING

STRENGTH- WEIGHT TRAINING

AEROBIC- HIGH INTENSITY INTERVAL TRAINING

FUNCTIONAL- METABOLIC CONDITIONING

STRETCH- RECOVERY SESSION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:00AM	STRENGTH 05.00-06.00	STRENGTH 05.00-06.00	FUNCTIONAL 05.00-05.45	STRENGTH 05.00-06.00	STRENGTH 05.00-06.00	FUNCTIONAL 06.15-07.00	
06:00AM	STRENGTH 06.00-07.00	STRENGTH 06.00-07.00	BOXING 06.00-06.45	STRENGTH 06.00-07.00	STRENGTH 06.00-07.00	AEROBIC(HIIT) 07.15-08.00	
09:00AM	STRENGTH 09.00-10.00	BOXING 09.00-9.45	STRENGTH 09.00-10.00	FUNCTIONAL 09.00-09.45	STRENGTH 09.00-10.00	STRETCH 08.00-8.45	
04:00PM	JUNIOR STRENGTH 04.00-04.50	JUNIOR FUNCTIONAL 04.00-04.50	JUNIOR STRENGTH 04.00-04.50	JUNIOR FUNCTIONAL 04.00-04.50			
05:15PM	STRENGTH 05.15-06.15PM	STRENGTH 05.15-06.15PM	FUNCTIONAL 05.15-06.15PM	STRENGTH 05.15-06.15PM			