

PEAK FITNESS

GX SCHEDULE OCTOBER 2018

PEAK PERFORMANCE BLOCK - 30 MINS & PEAK FIGHT 

	10 AM	11 AM	6 PM	6.30 PM	7 PM	7.10 PM	7.30 PM
MONDAY	NEW! PEAK PERFORMANCE BLOCK JON		PEAK FIGHT *** METCON 30 KELLE	NEW! PEAK PERFORMANCE BLOCK JON			
TUESDAY				NEW! PEAK PERFORMANCE BLOCK JON	PEAK FIGHT *** KICKBOXING SIDI		
WEDNESDAY					PEAK FIGHT *** KICKBOXING SIDI		
THURSDAY		NEW! PEAK PERFORMANCE BLOCK MYKE					NEW! PEAK PERFORMANCE BLOCK SABRINA
FRIDAY							
SATURDAY	NEW! PEAK PERFORMANCE BLOCK SABRINA		1 PM				
SUNDAY							