

MONDAY



	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
6:00		Kinesis			HIIT	
6:30			Kettlebell	SXT		XT Power
7:00	Freestyle Challenge		Freestyle Challenge		HIIT	AMPT
7:30			Hardcore Blast	GST	HIIT	XT Wildcard
7:45			Glute Blast			
8:00	ViPR				HIIT BLAST	
8:15						
8:30			Hardcore Blast		HIIT	
8:45						
9:00				SXT		
9:30			Kettlebell			
10:00		Kinesis				
10:30					HIIT	
11:00				GST		
11:30					HIIT	
12:00		Kinesis Warrior	Hardcore		HIIT	XT Power
12:30	Boxing Technique	Kinesis	Freestyle Challenge	Ultra HIIT		XT Wildcard
12:45						
13:00	Boxing		Hardcore Blast			AMPT
13:15			Glute Blast			
13:30		Kinesis Warrior		GST	HIIT	XT Wildcard
14:00					HIIT BLAST	XT Wildcard
14:15					HIIT BLAST	
14:30				SXT		
15:00		Kinesis				
15:30						XT Wildcard
16:00					HIIT	
16:30		Kinesis Warrior				
17:00		Kinesis		GST	HIIT	
17:30		Kinesis Warrior	Glute Blast		HIIT	XT Circuit
17:45			Hardcore Blast			
18:00			Hardcore		HIIT	AMPT
18:30	Boxing		Freestyle Challenge			XT Wildcard
19:00	Boxing				HIIT	XT Power
19:30					HIIT BLAST	

TUESDAY



	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
6:00		Kinesis Warrior			HIIT	
6:30	ViPR		Hardcore		HIIT	TEAM COACHING
7:00	TEAM COACHING		Shockwave		HIIT	AMPT
7:30	Boxing		Hardcore Blast	GST		XT Wildcard
7:45			Glute Blast			
8:00	ViPR		Kettlebell		HIIT BLAST	
8:15						
8:30				SXT		
9:00			Hardcore			
9:30				SXT		
10:00					HIIT	
10:30			Hardcore			
11:00			Kettlebell			
11:30		Kinesis Warrior				
12:00		Kinesis Warrior		GST	HIIT	XT Wildcard
12:30	Boxing		Hardcore		HIIT	XT Wildcard
13:00	DMT	Kinesis Warrior	DMT	GST		AMPT
13:30			Glute Blast		HIIT	XT Wildcard
13:45			Hardcore Blast			
14:00			Kettlebell		HIIT BLAST	
14:15					HIIT BLAST	
14:30		Kinesis				
15:00				SXT		
15:30	ViPR					
16:00			Kettlebell			
16:30			Hardcore		HIIT	
17:00				GST	HIIT	XT Circuit
17:30	Boxing	Kinesis Warrior	Glute Blast			XT Wildcard
17:45			Hardcore Blast			
18:00	ViPR	Kinesis	Freestyle Challenge	Ultra HIIT		XT Wildcard
18:30	Boxing		Glute Blast			AMPT
18:45			Hardcore Blast			
19:00				SXT	HIIT	
19:30					HIIT BLAST	

WEDNESDAY



	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
6:00			Kettlebell		HIIT	
6:30	Boxing	Kinesis Warrior			HIIT	XT Power
7:00			Hardcore	SPARTAN	HIIT	XT Wildcard
7:30	DMT	Kinesis	DMT	GST		AMPT
8:00			Glute Blast	SXT	HIIT	
8:15			Hardcore Blast			
8:30			Kettlebell		HIIT BLAST	
8:45						
9:00						XT Circuit
9:30				GST		
10:00						XT Wildcard
10:30					HIIT	
11:00						XT Wildcard
11:30					HIIT	XT Circuit
12:00	Boxing Technique	Kinesis	Shockwave			XT Power
12:30	Boxing	Kinesis Warrior	Boxing	Ultra HIIT		XT Wildcard
12:45						
13:00		Kinesis Warrior	Glute Blast			
13:15			Hardcore Blast			
13:30	Boxing Technique		Kettlebell		HIIT	XT Wildcard
14:00			Hardcore	GST		
14:30		Kinesis Warrior				
15:00					HIIT	
15:30			Kettlebell			
16:00						XT Wildcard
16:30					HIIT	
17:00	ViPR	Kinesis	Shockwave		HIIT	
17:30	DMT	Kinesis Warrior	DMT		HIIT	AMPT
18:00	Boxing		Hardcore Blast		HIIT	XT Circuit
18:15			Glute Blast			
18:30		Kinesis Warrior			HIIT	AMPT
19:00				GST		XT Power
19:30			Hardcore Blast			

THURSDAY



	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
6:00					HIIT	XT Challenge
6:30	ViPR			GST	HIIT	TEAM COACHING
7:00	TEAM COACHING	Kinesis Warrior		GST	HIIT	XT Circuit
7:30	Boxing		Hardcore		HIIT	AMPT
8:00			Shockwave		HIIT	
8:15						
8:30		Kinesis	Hardcore Blast			
8:45						
9:00					HIIT	
9:30				SXT		
10:00			Kettlebell			
10:30		Kinesis				
11:00				GST		
11:15						
11:30						XT Circuit
11:45						
12:00	Boxing		Kettlebell		HIIT	XT Wildcard
12:30		Kinesis Warrior	Hardcore		HIIT	
13:00			DMT	GST	HIIT	AMPT
13:30			Hardcore Blast		HIIT BLAST	XT Wildcard
13:45			Glute Blast		HIIT BLAST	
14:00	ZEN with Melody		Hardcore		HIIT	
14:30	ViPR					
15:00				SXT		
15:30		Kinesis				
16:00				SXT		
16:30		Kinesis			HIIT	
17:00			Hardcore		HIIT	XT Circuit
17:30		Kinesis	Hardcore Blast			XT Wildcard
17:45			Glute Blast			
18:00	ViPR			Ultra HIIT		AMPT
18:15						
18:30		Kinesis Warrior				XT Wildcard
18:45			Hardcore Blast			
19:00					HIIT	
19:15						
19:30					HIIT Blast	

FRIDAY



	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
6:00				SXT	HIIT	
6:30		Kinesis	Glute Blast			XT Power
6:45			Hardcore Blast			
7:00	Boxing		ROM with Tom	Ultra HIIT		AMPT
7:15						
7:30		Kinesis Warrior				
7:45			Hardcore Blast			
8:00				GST	HIIT	XT Challenge
8:30				SXT	HIIT BLAST	
8:45						
9:00			Kettlebell			
9:30					HIIT	
10:00						
10:30	ViPR					
11:00					HIIT	
11:30		Kinesis Warrior		GST		
12:00	Boxing	Kinesis			HIIT	XT Power
12:15						
12:30	Boxing		ShockWave		HIIT	
13:00	Freestyle Challenge		Freestyle Challenge	GST	HIIT	AMPT
13:30		Kinesis			HIIT BLAST	
13:45					HIIT BLAST	
14:00			Kettlebell	GST		
14:30					HIIT	
15:00	ViPR					
15:30					HIIT	
16:00					HIIT	
16:30				GST		
17:00					HIIT	
17:30	Boxing					XT Wildcard
18:00				GST	HIIT	
18:30					HIIT BLAST	XT Power
18:45						
19:00			Hardcore			XT Challenge
19:30					HIIT BLAST	