



# **Silver - \$50**



***Group training only***

*Access to ALL 9 Group Sessions*

*Mon - 5:30 am (Strength and Conditioning)*

*Mon - 6:30 pm (Strength and Conditioning)*

*Tues - 5:00 am (Boxing)*

*Tues - 5:30 pm (Strength and Conditioning)*

*Wed - 6:30 pm (Strength and Core)*

*Thurs - 6:00 pm (Boxing)*

*Fri - 5:30 am (HIIT)*

*Sat - 6:00 am (HIIT)*

*Sat - 7:30 am (HIIT)*