



# SQUAD SESSIONS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM	GAK HOUR	BOXING	GAK HOUR	STRENGTH CIRCUIT	GAK HOUR	
7:30AM	STRENGTH CIRCUIT		BOXING		BOX N BREATHE	GAK HOUR (8:30am- 9:30am)
4:15PM	STRENGTH CIRCUIT	KIDS COMBAT, 4-7 year olds	KIDS COMBAT, 8-12 year olds		BOXING (Advanced) (4pm- 4:45pm)	
5:30PM	BOX N BREATHE	GAK HOUR	GAK HOUR	BOXING		
6:30PM				STRENGTH CIRCUIT		