



Group Coaching Schedule

www.AreYouRugged.com

860-436-9777

April 8th - June 29th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rugged Boot Camp 8:00-8:50am	TRX Training 6:00-6:50am	Rugged Boot Camp 6:00-6:50am	Rugged Boot Camp 6:00-6:50am	Boxing Foundations 6:00-6:50am	Double Trouble 5:50-6:50am	Boxing Conditioning 8:00-9:00am
Kick Boxing 9:00-10am		Boxing Foundations 9:15-10:15am	Rugged Boot Camp 9:15-10:10am	Kettlebell Conditioning 9:15-10:10am	TRX Training 9:15-10:10am	Rugged Boot Camp 8:00-8:50am
Rugged Boot Camp 9:00-9:50am	Rugged Boot Camp 12:10-1pm		Rugged Boot Camp 12:10-1pm		Rugged Boot Camp 12:10-1pm	Rugged Boot Camp 9:00-9:50am
Boxing Foundations 10:00-10:55am		Rugged Boot Camp 3:30-4:20pm	Rugged Boot Camp 4:40-5:30pm	Rugged Flexibility 4:40-5:30pm		Rugged Challenge 10:00-11:00am
	Boxing Conditioning 5:40-6:40pm	Boxing Foundations 5:30-6:30pm	Boxing Conditioning 5:40-6:40pm	MMA Conditioning 5:40-6:40pm		Strength Foundations 11:10a-12:10p
	Rugged Boot Camp 5:40-6:30pm	TRX Training 5:40-6:30pm	Rugged Boot Camp 5:40-6:30pm	Kettlebell Conditioning 5:40-6:30pm	Double Trouble 5:40-6:40pm	
	Strength Foundations 6:40-7:40pm	Rugged Boot Camp 6:40-7:30pm	Strength Foundations 6:40-7:40pm	Rugged Boot Camp 6:40-7:30pm		
		Boxing Elite 6:30-8pm	Double Trouble Kick 6:40-7:40pm	Boxing Conditioning 6:40-7:40pm		