

Wethersfield Group Coaching Schedule

www.AreYouRugged.com

860-436-9777

Spring/Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rugged Boot Camp B 6:00-6:50am	TRX Training 6:00-6:50am	Rugged Boot Camp A 6:00-6:50am	Double Trouble 6:00-7am	Boxing Conditioning 8:00-9:00am	
	Rugged Boot Camp A 9:10-10am	Kettlebell Conditioning 9:10-10am			Kettlebell Conditioning 8:00-8:50am	Rugged Boot Camp B 8:30-9:20am
Rugged Boot Camp B 12:10-1pm		Rugged Boot Camp A 12:10-1pm		Rugged Boot Camp B 12:10-1pm	Rugged Boot Camp A 9:00-9:50am	Boxing Foundations 10:00-10:55am
	Rugged Boot Camp A 4:40-5:30pm		Rugged Boot Camp B 4:40-5:30pm		Strength Foundations 10:00-11am	
	Boxing Conditioning 5:40-6:40pm	Boxing Foundations 5:40-6:40pm	Kettlebell Conditioning 5:40-6:30pm			
Rugged Boot Camp A 5:40-6:30pm	Rugged Yoga 5:40-6:35pm	Rugged Boot Camp B 5:40-6:30pm	Boxing Conditioning 6:40-7:40pm	Double Trouble 5:40-6:40pm		
Strength Foundations 6:40-7:40pm	Rugged Boot Camp B 6:40-7:30pm	Strength Foundations 6:40-7:40pm	Rugged Boot Camp A 6:40-7:30pm			