

Small Group Training
March 2019 @ Gold's Gym, Linglestown
ABC, Boot Camp, Heavy Bag Kickboxing,
Merciless Circuit/Strength, Tai Chi, Tornado

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		PRICING \$10/class OR 5 Class Package \$45 (\$9/class) OR 10 Class Package \$85 (\$8.50/class)			1 11:35a Tai Chi/ Jackie (Mind/Body)	2 
3  facebook Gold's Gym Linglestown	4 11a Boot Camp/ Dwayne 6:15p Merciless Strength/Ken	5 7p CK Closed/ Chris	6 NO 12:45p A,B,C today 530p Tornado/ Charlie 5:30p Kickboxing/	7 5:45p Merciless Circuit/Ken	8 11:35a Tai Chi/ Jackie (Mind/Body)	9
10 	11 11a Boot Camp/ Dwayne 6:15p Merciless Strength/Ken	12 7p CK Closed/ Chris	13 NO 12:45p A,B,C Today 5:30p Tornado/ Charlie 5:30p Kickboxing/ Heba	15 5:45p Merciless Circuit /Ken	16 11:35a Tai Chi/ Jackie (Mind/Body) 	
17 	18 11a Boot Camp/ Dwayne 6:15p Merciless Strength/Ken	19 7p CK Closed/ Chris	20  12:45p A,B,C/Jan 5:30p Tornado/ Charlie 5:30p Kickboxing/ Heba	21 5:45p Merciless Circuit/Ken	22 11:35a Tai Chi/ Jackie (Mind/Body)	23
24 	25 11a Boot Camp/ Dwayne 6:15p Merciless Strength/Ken	26 7p CK Closed/ Chris	27 12:45p A,B,C/Jan 5:30p Tornado/ Charlie 5:30p Kickboxing/ Heba	28 5:45p Merciless Circuit/Ken	29 11:35a Tai Chi/ Jackie (Mind/Body)	30 
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