

# G-Way Fitness

## Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 Boot Camp Yael		6:00-7:00 Boot Camp		6:00-7:00 Boot Camp Yael		
8:30-9:30 Party Box Yael	8:30-9:30 Boot Camp Ram	8:30-9:30 Party Box Yael	8:30-9:30 Boot Camp Ram	8:30-9:30 Cardio Kick Yael	8:00-9:00 Cardio Kickboxing Kristen	8:00-9:00 HIIT Yael
					9:00-10:00 Interval station Training Yael	9:30-10:30 Kickboxing 'n' Conditioning Grisha
6:30-7:30 Interval Training Yael	6:30-7:30 Kickboxing Yael	6:30-7:30 Interval Training	6:30-7:30 Kickboxing & Conditioning			

Online Schedule

SCAN

