

FXB ANTHEM WEEKLY SCHEDULE

MONDAY – CARDIO KICKBOXING (45 MINS)		
5:15am	7:15am	8:30am
4:30pm	5:30pm	
TUESDAY – LOWER BODY STRENGTH TRAINING (45 MINS)		
5:15am	7:15am	8:30am
4:30pm	5:30pm	
WEDNESDAY – CARIO KICKBOXING (45 MINS)		
5:15am	7:15am	8:30am
4:30pm	5:30pm	
THURSDAY – UPPER BODY STRENGTH TRAINING (45 MINS)		
5:15am	7:15am	8:30am
4:30pm	5:30pm	
FRIDAY – CARDIO KICKBOXING (45 MINS)		
5:15am	7:15am	8:30am
SATURDAY – FIT60 & FULL BODY STRENGTH TRAINING (60 MINS)		
7:30am FIT60	8:45am Full Body Strength	

More class times to come! As we continue adding class times to better serve our members, they will be added to the schedule. Please also note that we may be closed on certain holidays or have a modified schedule. Reach out to Katie at 623-692-7084 for details. Thanks for your patience!