



NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30AM Circuit Coach Megan	5:30AM Boxing Fitness Coach Alex		5:30AM TABATA Coach Raelynn	
10:00AM Rocksteady®		10:00AM Rocksteady®		10:00AM Rocksteady®	Times Varies Variety See FB Post
5:30PM (20mins) TABATA Coach Lovejoy	4:15PM USA Youth Boxing & Conditioning <i>Oct-Dec</i>		4:15PM USA Youth Boxing & Conditioning <i>Oct-Dec</i>		
6:00 PM STRIKE Coach Lovejoy	5:30PM Spicy/Liberated Coach Lindsey	5:30PM 360 Strength Coach Alex	5:30PM STRIKE Coach Alex		

We service private boxing/MMA Lessons, small group & 1:1 training

Room is exclusive during this time unless otherwise stated.

The room is available during non-class times if you have the membership.

You may request a key at the front desk as an Arena member.

Please make sure to disinfect all equipment used.

Drop-in: \$15 Monthly unlimited: \$100 +tax

(Includes full club membership "Pre & Plat")

Coach Lovejoy – 763-516-7219

Classes will be added as state guidelines change.