



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Cardio	Strength	Boxing (RSB)	Strength	PWR! Moves
10:00-11:00	Circuit	Tai-Chi- All levels	Boxing (RSB)	Neuroboxing	Volleyball
11:15-12:15	Cardio	Boxing (RSB)	Strength/Circuit	PWR!	Volleyball
1:15-2:15	Boxing (RSB)	Post-Stroke	Circuit	Post-stroke	
3:00-4:00	Boxing (RSB)		Circuit	PWR!/Strength	