

RELENTLESS



FITNESS & TRAINING

732.780.3770

Barclay Square Plaza - 3338 Rt. 9 South, Freehold, NJ 07728

CLASS SCHEDULE					
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 A.M. Boxing Matt	6 A.M. Bootcamp Paul	6 A.M. Circuit Franco	6 A.M Bootcamp Sam		
				9:15 A.M. Weighted Circuit Paul	9:00A.M. Sunday Funday Total Body Circuit Hillary
9:15 A.M. Boxing Paul Paul Paul	9:15 A.M. Boxing Paul	9:30 A.M. Circuit Matt	9:15 A.M. Boxing Matt	9:30 AM Relentless Vs Bullying Class 11AM Last Class of Month	10:00 A.M Be Relentless Kids Class
	4:30 P.M Be Relentless Kids Class		4:30 P.M Be Relentless Kids Class	10:30 A.M. Boxing Matt	11:00 A.M. Glutes & Core With Sam
	6:30 P.M. Boxing Matt		6 P.M. Flexibility with Jamie		
6:30 P.M. Circuit Paul	8:00 P.M. Glutes and core with Sam	6:30 P.M. Bootcamp Jamie			
HOURS OF	F OPERATION		CLASS D	ESCRIPTIONS	
Monday - Friday 6 A.M 9 P.M. Saturday 8 A.M 12 Noon Sunday 8 A.M 12 Noon		BOOTCAMP style mix of fast pace high intensity body weight movemennts CIRCUIT based conditioning targeting strength and muscular endurance BOXING class full of boxing technique and great cardio TABATA high Intensity Interval Training (20 Seconds On/10 Seconds Off) WEIGHTED CIRCUIT based training consisting mainly of weighted movements			
	6 A.M. Boxing Matt 9:15 A.M. TABATA Paul 6:30 P.M. Circuit Paul HOURS OF	TUESDAY 6 A.M. Boxing Matt 9:15 A.M. TABATA Paul 4:30 P.M. Boxing Paul 4:30 P.M. Boxing Matt 6:30 P.M. Boxing Matt 6:30 P.M. Circuit Paul HOURS OF OPERATION Monday - Friday 6 A.M 9 P.M. Saturday 8 A.M 12 Noon	TUESDAY WEDNESDAY THURSDAY 6 A.M. Boxing Matt Bootcamp Paul Franco 9:15 A.M. TABATA Paul Paul Matt 4:30 P.M. Be Relentless Kids Class 6:30 P.M. Boxing Matt 6:30 P.M. Circuit Glutes and core with Sam HOURS OF OPERATION Monday - Friday 6 A.M 9 P.M. Saturday 8 A.M 12 Noon Sunday 8 A.M 12 Noon WEIGHTED CIRCUIT	TUESDAY WEDNESDAY THURSDAY FRIDAY 6 A.M. Boxing Bootcamp Paul Franco Sam 9:15 A.M. TABATA Paul Paul Matt Boxing Matt 4:30 P.M. Be Relentless Kids Class 6:30 P.M. Boxing Matt Flexibility with Jamie 6:30 P.M. Glutes and core with Sam Bootcamp Jamie HOURS OF OPERATION Monday - Friday 6 A.M 9 P.M. Saturday 8 A.M 12 Noon Sunday 8 A.	TUESDAY WEDNESDAY THURSDAY FRIDAY 6 A.M. Boxing Bootcamp Paul Franco Sam 9:15 A.M. Weighted Circuit Paul 9:15 A.M. TABATA Boxing Paul Matt Boxing Matt Boxing Matt Matt Matt Matt Matt Month 4:30 P.M. Be Relentless Kids Class Kids Class Kids Class Kids Class Kids Class Kids Class Matt 6:30 P.M. Boxing Matt Flexibility with Jamie 6:30 P.M. Glutes and core with Sam Bootcamp Jamie HOURS OF OPERATION Monday - Friday 6 A.M 9 P.M. Saturday 8 A.M 12 Noon Sunday 10 Seconds 1