

THORNHILL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
9 AM			9:00-9:45 Boxing		9:00-9:45 Kickboxing	10:30-11:15 Kickboxing	
12 PM	12:00-12:45 Boxing	12:00-12:45 Kickboxing		12:00-12:45 Boxing		11:30-12:15 Boxing	
4 PM						12:30-1:15 Burn & Box	
5 PM					5:30-6:15 Kickboxing		
6 PM	6:30-7:15 Kickboxing	6:30-7:15 Boxing	6:30-7:15 Boxing	6:30-7:15 Kickboxing	6:30-7:15 Boxing		
7 PM	7:30-8:15 Boxing	7:30-8:15 Kickboxing	7:30-8:15 Burn & Box	7:30-8:15 Boxing			
8 PM							