

# TIMETABLE

WWW.BOXSTOP.CLUB

BOXSTOP

6AM  
7AM  
930  
1230  
530  
630

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	METABOLIC CONDITIONING	BARBELL	HYBRID	STRENGTH CONDITIONING	METABOLIC CONDITIONING		
7AM	COMING SOON	COMING SOON	COMING SOON	COMING SOON	COMING SOON	COMING SOON	COMING SOON
930	METABOLIC CONDITIONING	BARBELL	HYBRID	STRENGTH & CONDITIONING	METABOLIC CONDITIONING	WEEKEND OFFENDERS	SUNDAY SURGE
1230	COMING SOON	COMING SOON	COMING SOON	COMING SOON	COMING SOON		
530	METABOLIC CONDITIONING	BARBELL	HYBRID	STRENGTH & CONDITIONING	METABOLIC CONDITIONING		
630	METABOLIC CONDITIONING	BARBELL	HYBRID	STRENGTH & CONDITIONING			