


KATHARO FITNESS WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM							
7:00-8:00 AM							
9:00-10:00 AM						Functional Fit	
10:00-11:00 AM	Fitness Bootcamp	Strength & Conditioning	Fitness Bootcamp	Strength & Conditioning	Fitness Bootcamp	Open Gym	
11:00-12:00 PM	Open Gym				Open Gym		
12:00-1:00 PM	DIY Strength & Conditioning	DIY Fitness Bootcamp	DIY Strength & Conditioning	DIY Fitness Bootcamp		Open Gym	Open Gym
1:00-2:00 PM	Open Gym						
2:00-3:00 PM					Open Gym		
3:00-4:00 PM	Open Gym						
4:00-5:00 PM					Open Gym		
4:00-5:00 PM	Fitness Bootcamp (4:30 PM)	Strength & Conditioning (4:30 PM)	Fitness Bootcamp (4:30 PM)	Strength & Conditioning (4:30 PM)		 <p>KATHARO™ TRAINING CENTER JIU-JITSU & FITNESS</p>	
5:00-6:00 PM	DIY Strength & Conditioning (5:30 PM)	DIY Fitness Bootcamp (5:30 PM)	DIY Strength & Conditioning (5:30 PM)	DIY Fitness Bootcamp (5:30 PM)			
6:00-7:00 PM	Open Gym						
7:00-8:00 PM					Open Gym		
8:00-9:00 PM	Open Gym						