

# BATTLE READY

## GYM SCHEDULE

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
07:00 - 08:00 FUNCTIONAL FITNESS	07:00 - 08:00 FUNCTIONAL FITNESS	17:15 - 18:00 KIDS CLASS	07:00 - 08:00 FUNCTIONAL FITNESS	07:00 - 08:00 FUNCTIONAL FITNESS	09:00 - 10:00 FUNCTIONAL FOUNDATIONS	09:15 - 10:00 KIDS CLASS
17:30 - 18:30 FUNCTIONAL FITNESS	17:00 - 18:00 BR BODY		17:15 - 18:00 OLYMPIC LIFTING	18:00 - 19:00 FUNCTIONAL FITNESS	10:00 - 11:00 FUNCTIONAL FITNESS	10:00 - 11:00 HYBRID
	18:00 - 19:00 FUNCTIONAL FITNESS		18:00 - 19:00 FUNCTIONAL FITNESS			

**GET IN TOUCH TO FIND OUT MORE ABOUT OUR CLASSES,  
PERSONAL TRAINING SESSIONS AND NUTRITION PLANNING**  
📷📱 **BATTLEREADYNCL** ✉️ **BATTLEREADYJAY@GMAIL.COM**

