



RED - SELF DEFENSE CLASSES
BLUE - FITNESS CLASSES

STW Schedule

Fitness - Self Defense - GenZ -
Small Group Training

Effective January 15TH, 2024

ORANGE - F.I.S.T. BAG CLASSES
GREEN - GenZ Classes



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM	Strength Training (45Min)	Fury (45Min)	Kettlebell (45Min)	Punch Fit HIIT (45Min)	Strength Training (45Min)	Cycle (45Min)
9:15AM						KM Beginner (60Min) Kettlebell (45Min)
9:30 AM	KM Beginner (60 mins)	KM Intermediate (60 mins)	KM Beginner (60 mins)	KM Intermediate (60 mins)	KM Beginner (60 mins)	KM Intermediate (60 mins)
	Ignite Flow (45 mins) (Heated)					
10:15 AM						Inferno (45Min)
10:30 AM						KM Advanced (60Min) F.I.S.T. Boxing Rotating (45Min/60Min) GenZ Kids LVL 1/2 (60Min)
12:00PM	Kettlebell (45Min)	Strength Training (45Min)	Power Fit (45Min)	Strength Training (45Min)	Strength (45Min)	

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Strength Training (45Min)	Kettlebell (45Min)	Punch Fit HIIT (45Min) FireFlux (45 mins) (Heated)	Fury (45Min)	Inferno (45Min)	
5:30PM	Inferno (45Min) Cycle (45Min)	Strength Training (45Min)	Power Fit (45Min)	Strength Training (45Min)	CLOSE AT 5:30PM	CLOSE AT 2PM
6:00 PM	KM Beginner (60Min)	GenZ Kids LVL 1/2 (60Min) KM Advanced (60 mins)	GenZ Kids LVL 1 (60Min) KM Beginner (60 mins)	GenZ Kids LVL 1/2 (60Min) KM Beginner (60 mins)	Please Note The Following: Groin Protectors are MANDATORY in all KM classes <u>KM students: Must have all the appropriate gear for class.</u> Head gear, mouthguard, shin guards, Men: 16oz gloves, Women: 14oz gloves KM BEGINNER: Level 1 KM INTERMEDIATE: Level 2 & 3 KM ADVANCED: Level 4 & 5 KM MASTERS: Level 6+	
6:15 PM	KM Intermediate (60 mins) F.I.S.T. Boxing PLUS (45Min)	KM Beginner (60Min) F.I.S.T. Boxing SKILL (60Min)	KM Intermediate (60Min) F.I.S.T. Boxing PLUS (45Min)	KM Advanced (60Min) F.I.S.T. Boxing SKILL (60Min)		
6:30 PM	Strength Training (45Min)	Power Fit (45Min)	RevFit Hiit (45Min)	Kettlebell (45Min)		
	CLOSE AT 8PM	CLOSE AT 8PM	CLOSE AT 8PM	CLOSE AT 8PM		



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Check our website www.stwfit.com
For upcoming, seminars, events & more

