

GROUP CLASSES STRUCTURE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:00	ROCKET RISE & GRIND		ROCKET ENERGY EXCHANGE		ROCKET BOX FLEX	
06:00	ROCKET RISE & GRIND	ROCKET POWER PUNCH	ROCKET ENERGY EXCHANGE	ROCKET TONING	ROCKET BOX FLEX	
07:00	ROCKET TONING		ROCKET ENERGY EXCHANGE		ROCKET POWER PUNCH	WEEKEND BURN
08:00	ROCKET BOX LAB	ROCKET TONING	ROCKET BOX FLEX	ROCKET POWER PUNCH	ROCKET ENERGY EXCHANGE	ROCKET BOOTCAMP
09:00	ROCKET ENERGY EXCHANGE		ROCKET TONING		ROCKET POWER PUNCH	ROCKET ENERGY EXCHANGE
12:00	MIDDAY GRIND		ROCKET POWER PUNCH		ROCKET BOX FLEX	SPARRING
16:00	ROCKET TONING	ROCKET POWER PUNCH	ROCKET BOX FLEX	ROCKET BOOTCAMP	ROCKET ENERGY EXCHANGE	
17:00	ROCKET POWER PUNCH	ROCKET BOX FLEX	ROCKET TONING	ROCKET BOX LAB		
18:00	ROCKET DUST & GRIND	ROCKET BOX LAB	ROCKET POWER PUNCH	ROCKET ENERGY EXCHANGE		

