

BizzFitness Schedule 2024 – 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 a.m.						BizzFitness Tabata / calistenics
12:00 p.m.	BizzFitness Strength & Conditioning	BizzFitness Circuit Training		BizzFitness Bootcamp	(Two options) cardio kickboxing or workout of the day	
5:40 p.m.	BizzFitness Strength & Conditioning	BizzFitness Circuit Training	BizzFitness Power Fusion	BizzFitness Bootcamp		
6:45 p.m.		Open Gym (athletes individual program)		Open Gym (athletes individual program)		
8:00 p.m.	Open Gym (athletes individual program)		Open Gym (athletes individual program)			