



IGNITE MILITARY BOOTCAMP							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		
PM	PALM NIGHT OPS PALM RUNNING TRACK 7:30 - 8:30 PM		PALM NIGHT OPS PALM RUNNING TRACK 7:30 - 8:30 PM				

IGNITE GROUP EX CLASSES							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	GIRLS ONLY PALM RUNNING TRACK 8:30 - 9:30 AM - <b>COMING SOON</b>		GIRLS ONLY PALM RUNNING TRACK 8:30 - 9:30 AM - <b>COMING SOON</b>		GIRLS ONLY PALM RUNNING TRACK 8:30 - 9:30 AM - <b>COMING SOON</b>		
PM	BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM		BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM		CIRCUITS (Outdoors) THE SPRINGS 15, Street 4 6:30 - 7:30 PM		
	CIRCUITS (Outdoors) THE SPRINGS 15, Street 4 7:15 - 8:15 PM		CIRCUITS (Outdoors) THE SPRINGS 15, Street 4 7:15 - 8:15 PM				

For more information -

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