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| [This Photo](http://maddmacz.deviantart.com/art/Ace-Of-Spades-184599896) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/) | Group Training Schedule |
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| --- | --- | --- | --- | --- | --- | --- |
| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | Squat Cardio  5a/6a/5p/7p | Gladiator Camp 6a/5p/7p  Boxing Boot Camp 6p | Impact Training  5a | Bags  6a/5p/7p  Boxing Boot Camp 6p | 5am Gladiator Camp | Ace Your Waist Boot Camp 9am  Boxing Boot Camp 11am |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | Squat Cardio  5a/6a/5p/7p | Gladiator Camp 6a/5p/7p  Boxing Boot Camp 6p | Impact Training  5a | Bags  6a/5p/7p  Boxing Boot Camp 6p | 5am Gladiator Camp | Ace Your Waist Boot Camp 9am  Boxing Boot Camp 11am |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | Squat Cardio  5a/6a/5p/7p | Gladiator Camp 6a/5p/7p  Boxing Boot Camp 6p | Impact Training  5a | Bags  6a/5p/7p  Boxing Boot Camp 6p | Gladiator Camp 5am | Ace Your Waist Boot Camp 9am  Boxing Boot Camp 11am |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | Squat Cardio  5a/6a/5p/7p | Gladiator Camp  6a/5p/7p  Boxing Boot Camp 6p | Impact Training  5a | Bags  6a/5p/7p  Boxing Boot Camp 6p | Gladiator Camp 5am | Ace Your Waist Boot Camp 9am  Boxing Boot Camp 11am |
| 28 | 29 | 30 |  |  |  |  |
|  | Squat Cardio  5a/6a/5p/7p | Gladiator Camp 6a/5p/7p  Boxing Boot Camp 6p | Impact Training  5a | Bags  6a/5p/7p  Boxing Boot Camp 6p | Gladiator Camp 5am | Ace Your Waist Boot Camp 9am  Boxing Boot Camp 11am |
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