

FIGHT TO FITNESS

CARSON, CA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5:00 AM	5:00 AM	5:00 AM	5:00 AM		
FTF Cross Training	FTF Cross Training		FTF Cross Training	FTF Cross Training		
5:45 AM	5:45 AM	5:45 AM	5:45 AM	5:45 AM		
FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training		
6:45 AM	6:45 AM	6:45 AM	6:45 AM	6:45 AM		
FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training		
7:45 AM	7:45 AM	7:45 AM	7:45 AM	7:45 AM		
FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training		
					9:45 AM	
					Community Class	
5:45 PM	5:45 PM	5:45 PM	5:45 PM			
FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training			
6:45 PM	6:45 PM	6:45 PM	6:45 PM			
FTF Cross Training	FTF Cross Training	FTF Cross Training	FTF Cross Training			