



JOY SPOT

Workout

PLANNER



Personal training lessons accomplished every day

	KIDS JOY	OPEN GYM	JOY BOX	FIGHT CLUB
Monday	17:15-18:00	9:00-10:00 18:00-19:00	9:00-10:00 19:00-20:00 21:00-22:00	20:00-21:00

	OPEN GYM	FIGHT CLUB	CALISTHENICS	JOY BOX	LADYS JOY
Tuesday	9:00-10:00 17:00-18:00	9:00-10:00 18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00

	KIDS JOY	OPEN GYM	JOY BOX	FIGHT CLUB
Wednesday	17:15-18:00	9:00-10:00 18:00-19:00	9:00-10:00 19:00-20:00 21:00-22:00	20:00-21:00

	OPEN GYM	FIGHT CLUB	WEIGHTLIFTING	JOY BOX	LADYS JOY
Thursday	9:00-10:00 17:00-18:00	9:00-10:00 18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00

	OPEN GYM	JOY BOX	FIGHT CLUB	WINE PILATES/YOGA
Friday	9:00-10:00 18:00-19:00	9:00-10:00 19:00-20:00	20:00-21:00	21:00-22:00

	KIDS JOY	JOY BOX	FIGHT CLUB
Saturday	11:00-12:00	12:00-13:00	13:00-14:00

Sunday			
--------	--	--	--

