



BLUE DIAMOND
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Mon - Wed 6 AM - 9 PM
 Thursday 6 AM - 10 PM
 Friday 6 AM - 8 PM
 Saturday 7 AM - 4 PM
 Sunday 7 AM - 2 PM
 (702) 834-7055

DOWNLOAD THE CLUB READY APP TO SIGN UP FOR CLASSES

FEBRUARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	BOXING CONDITIONING BRIDGE	DAILY ULTIMATE TRAINING SUZANNE	BOXING TECHNIQUE BRIDGE	DAILY ULTIMATE TRAINING SUZANNE	BOXING CONDITIONING BRIDGE		
7:00 AM						LV Run Club	
7:00 AM						BOXING CONDITIONING OLU	BOXING CONDITIONING ALFREDO
8:30 AM						AB & LEG BURN OLU	BOXING CONDITIONING ALFREDO
10:00 AM	KICKBOXING CONDITIONING CRAIG	KICK BOXING CONDITIONING SUZANNE	BOXING CONDITIONING CRAIG	DAILY ULTIMATE TRAINING CRAIG	DAILY ULTIMATE TRAINING CRAIG	BOXING CONDITIONING OLU	
12:00 PM	DAILY ULTIMATE TRAINING CRAIG	SCULPT FIT SUZANNE	DAILY ULTIMATE TRAINING CRAIG	KICKBOXING CONDITIONING CRAIG	BOXING CONDITIONING CRAIG	KICKBOXING CONDITIONING OLU	AB & LEG BURN ALFREDO
4:15 PM		YOUTH CLASS OLU		YOUTH CLASS OLU	YOUTH CLASS OLU	THANKS FOR JOINING US AT FITNESS 23!!	
5:15 PM	KICKBOXING CONDITIONING ALFREDO	DAILY ULTIMATE TRAINING OLU	KICKBOXING CONDITIONING ALFREDO	DAILY ULTIMATE TRAINING OLU	KICKBOXING CONDITIONING OLU		
6:00 PM							
6:30 PM	BOXING CONDITIONING ALFREDO	KICKBOXING CONDITIONING OLU	DAILY ULTIMATE TRAINING ALFREDO	BOXING CONDITIONING OLU	Hi Intense Boxing Beginner or adv. OLU		
7:00 PM	MMA SPARRING ALFREDO	SPARRING ALFREDO	MMA SPARRING ALFREDO	SPARRING ALFREDO			
7:45 PM	GIRLILLA TRAINING OLU	BOXING CONDITIONING OLU	GIRLILLA BOXING OLU	KICKBOXING CONDITIONING OLU			
8:45 PM				WEIGHT LIFTING OLU			

CLOSING

9:00 PM

9:00 PM

9:00 PM

10:00 PM

8:00 PM

4:00 PM

2:00 PM