



BLUE DIAMOND  
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 Instagram Fitness23.fit  
 Website <https://fitness23.fit>

Mon - Wed 6 AM - 10 PM  
 Thursday 6 AM - 10 PM  
 Friday 6 AM - 8 PM  
 Saturday 8 AM - 4 PM  
 Sunday 8 AM - 4 PM  
 (702) 834-7055

DOWNLOAD THE CLUB READY APP TO SIGN UP FOR CLASSES

APRIL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	BOXING CONDITIONING BRIDGE	DAILY ULTIMATE TRAINING BRIDGE	BOXING TECHNIQUE BRIDGE	DAILY ULTIMATE TRAINING BRIDGE	BOXING CONDITIONING BRIDGE		
7:00 AM							
7:00 AM							
8:30 AM						AB & LEG BURN OLU	YOGA MATT
10:00 AM	KICKBOXING CONDITIONING CRAIG	KICKBOXING CONDITIONING OLU	BOXING CONDITIONING CRAIG	BOXING TECHNIQUE CRAIG	KICK FITNESS HILLA	BOXING CONDITIONING OLU	BAG/STRENGTH WORKOUT MATT
11:00 AM		YOGA MATT		YOGA MATT		YOGA MATT	
12:00 PM	DAILY ULTIMATE TRAINING CRAIG	SCULPT FIT MATT	DAILY ULTIMATE TRAINING CRAIG	KICKBOXING CONDITIONING MATT	BOXING CONDITIONING HILLA	KICKBOXING CONDITIONING OLU	AB & LEG BURN MATT
2:00 PM						Coaches Choice OLU	
4:15 PM		YOUTH CLASS OLU		YOUTH CLASS OLU	YOUTH CLASS OLU		
4:30 PM				WOMENS BOXING HILLA			
5:15 PM	KICKBOXING CONDITIONING ALFREDO	DAILY ULTIMATE TRAINING OLU	KICKBOXING CONDITIONING ALFREDO	DAILY ULTIMATE TRAINING OLU	KICKBOXING CONDITIONING OLU	THANKS FOR JOINING US AT FITNESS 23!!	
6:00 PM	BJJ No Gi John S						
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	GIRULLA TRAINING OLU	BOXING CONDITIONING OLU	GIRULLA TRAINING OLU	KICKBOXING CONDITIONING OLU			
8:45 PM				WEIGHT LIFTING OLU			

CLOSING

9:00 PM

10:00 PM

10:00 PM

10:00 PM

8:00 PM

4:00 PM

4:00 PM