



BLUE DIAMOND
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 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

September

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	BOXING CONDITIONING BRIDGE	BOXING CONDITIONING BRIDGE	BOXING TECHNIQUE BRIDGE	BOXING CONDITIONING BRIDGE	BOXING CONDITIONING BRIDGE			
8:30 AM						DYNAMIC STRETCHING MATT	STRETCH FIT MATT	
10:00 AM	KICKBOXING CONDITIONING DELMAR	BAG/STRENGTH WORKOUT MATT	BOXING CONDITIONING DELMAR	PLYO-TECHNIC STRENGTH MATT	BOXING CONDITIONING DELMAR	BOXING CONDITIONING OLU	BAG/STRENGTH WORKOUT MATT	
11:00 AM						AB & LEG BURN OLU		
12:00 PM	BOXING CONDITIONING DELMAR	SCULPT FIT MATT	KICKBOXING CONDITIONING DELMAR	KICKBOXING CONDITIONING MATT	KICKBOXING CONDITIONING DELMAR	KICKBOXING CONDITIONING OLU	AB & LEG BURN MATT	
2:00 PM								
4:15 PM						Thanks For Joining us at Fitness 23!!		
4:15 PM	YOUTH CLASS OLU	YOUTH CLASS OLU	YOUTH CLASS OLU	YOUTH CLASS OLU	YOUTH CLASS OLU			
5:15 PM	KICKBOXING CONDITIONING CRAIG	BOXING CONDITIONING OLU	KICKBOXING CONDITIONING MATT	BOXING CONDITIONING OLU	KICKBOXING CONDITIONING OLU			
6:15 PM								
6:30 PM	BOXING CONDITIONING CRAIG	KICKBOXING CONDITIONING OLU	PLYO-TECHNIC STRENGTH MATT	KICKBOXING CONDITIONING CRAIG	BOXING CONDITIONING OLU			
6:45 PM			MMA TRAINING OLU					
7:45 PM	GIRLILLA TRAINING OLU	BOXING CONDITIONING OLU	BOXING CONDITIONING OLU	KICKBOXING CONDITIONING CRAIG				

CLOSING

10:00 PM 10:00 PM 10:00 PM 10:00 PM 8:00 PM 4:00 PM 4:00 PM