

GROUP TRAINING TIMETABLE

RXBOXLIVE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7:00 - 12:00	Video Via RxBox Facebook Group Rx Conditioning			Video Via RxBox Facebook Group Rx Conditioning	Rx Club	Video Via RxGym Facebook Group Rx Endurance	
		7:00 - 7:30 Zoom Via BoxMate App Rx Box Live	7:00 - 7:30 Zoom Via BoxMate App Rx Skill & Drills	7:00 - 7:30 Zoom Via BoxMate App Rx Skill & Drills	7:00 - 7:30 Zoom Via BoxMate App Rx Box Live		9:30 - 10:00 Zoom Via RxGym App Rx Club	
		7:30 - 8:00 Zoom Via RxGym App Rx Warrior	7:30 - 8:00 Zoom Via RxGym App Rx Strength	7:30 - 8:00 Zoom Via RxGym App Rx Warrior	7:30 - 8:00 Zoom Via RxGym App Rx Strength			
EVENING	6:00 - 8:00	6:00 - 6:30 Zoom Via RxGym App Rx Warrior	6:00 - 6:30 Zoom Via RxGym App Rx Strength	6:00 - 6:30 Zoom Via RxGym App Rx Warrior	6:00 - 6:30 Zoom Via RxGym App Rx Strength	6:00 - 6:30 Zoom Via RxGym App Rx Club		5:00 - 5:30 Zoom Via RxGym App Rx Yoga
		6:30 - 7:00 Zoom Via BoxMate App Rx Box Live	6:30 - 7:00 Zoom Via BoxMate App Rx Box Live	6:30 - 7:00 Zoom Via BoxMate App Rx Box Live	6:30 - 7:00 Zoom Via BoxMate App Rx Box Live	6:30 - 7:00 Zoom Via RxGym App Friday Night Lights		
			7:30 - 8:00 Zoom Via RxGym App Rx Pilates	7:30 - 8:00 Zoom Via RxGym App Rx Yoga	7:30 - 8:00 Zoom Via RxGym App Rx Pilates			

- STRENGTH & CONDITIONING
- MOBILITY, FLEXIBILITY, PHYSIOTHERAPY & MEDITATION
- BODY CONDITIONING, HIIT & FAT BURN
- ENDURANCE & FAT BURN
- STRENGTH & HIIT
- SOCIAL EVENTS