



STW Schedule

Fitness, Self Defense
GenZ & F.I.S.T. Boxing

EFFECTIVE July 1st-15th, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM	Strength X (60 Min)	Fury (60 Min)	Strength (60Min)	Burn Baby Burn (60 mins)	Strength X (60 Min)	Cycle (60 Min)
9:15AM						KM Beginner (60Min) Strength X (60 Min)
9:30 AM	KM Beginner (60 mins)		KM Beginner (60 mins)		KM Beginner/Intermediate (60 mins)	KM Intermediate (60 mins)
10:00 AM						Core Fusion (45 mins) (Heated)
10:30 AM						Burn Baby Burn (60 mins) GROUNDed (60Min) KM- All Levels F.I.S.T. Boxing (60Min) Kids Strike Force (60Min)
12:00PM	Kettlebell Core (45Min)	Burn Baby Burn (45 mins)	Power Fit (45Min)	Strength X (45 Min)	Burn Baby Burn (45 mins)	

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Strength (60 Min)	Kettlebell (45Min)	Rev HIT Punch (60 Min)	Fury (60 Min)	Burn Baby Burn (45 mins)	
5:30PM	Cycle (60 Min)		Core Fusion (45 mins) (Heated)		CLOSE AT 5:30PM	CLOSE AT 2PM
5:45 PM	Inferno (60 Min)	Strength (60 Min)	Fury (60 Min)	Burn Baby Burn (60 mins)	Please Note The Following: Groin Protectors are MANDATORY in all KM classes KM students: Must have all the appropriate gear for class. Head gear, mouthguard, shin guards, Men: 16oz gloves, Women: 14oz gloves KM BEGINNER: Level 1 KM INTERMEDIATE: Level 2 & 3 KM ADVANCED: Level 4 & 5 KM MASTERS: Level 6+	
6:00 PM		Kids Strike Force (60Min) KM Beginner (60 mins)		Kids Strike Force (60Min)		
6:30 PM	F.I.S.T. Boxing (60Min) KM Beginner (60Min) KM Intermediate (60 mins) KM Advanced (60 mins)	F.I.S.T. Cardio Kick Boxing (60Min)	F.I.S.T. Boxing (60Min) KM Beginner (60 mins) KM Intermediate (60 mins) KM Advanced (60 mins)	F.I.S.T. Cardio Kick Boxing (60Min) *ALTERNATING WEEKLY Intermediate/Advanced KM & Intermediate/Advanced GROUNDed		
7:00 PM	Fury (60 Min)	Power Fit (60 Min)	SRB (60 Min)	Strength X (60 Min)		
	CLOSE AT 8:30 PM	CLOSE AT 8:30 PM	CLOSE AT 8:30 PM	CLOSE AT 8:30 PM		



100 Crossroads Blvd.
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Check our website www.stwfit.com
For upcoming, seminars, events & more

RED - SELF DEFENSE CLASSES
BLUE - FITNESS CLASSES
ORANGE - F.I.S.T. BAG CLASSES
GREEN - KIDS CLASSES

