



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am – 3:30 pm	Personal Training Sessions Small Group Fitness Classes <i>By appointment only</i>				
3:30	Open Fitness Studio Hours Begin				
4:00 – 6:00	Youth FX Class	Kids FX Class	Youth FX Class	Kids FX Class	
5:00 – 6:00	Community Training Session	Community Training Session	Community Training Session	Community Training Session	Community Training Session
6:00 – 7:00	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Open TRX Training
7:00 – 8:00	Kickboxing-X Training	Open TRX Training	Kickboxing-X Training	Open TRX Training	Fitness Kickboxing
8:00 – 9:00	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Open Sparring (by invitation)
10:00	Open Fitness Studio Hours End				

TIME	SATURDAY
8:00 – 10:00	Open Fitness Studio Hours
10:00 – 11:00	
11:15 – 12:15	
12:30 – 1:30	

## **PROGRAM FEES:**

**FITNESS KICKBOXING KICKSTART \$99.00**

*Includes: 6 weeks unlimited evening classes, gloves, facilities use, fitness pass*

Monthly Membership \$60.00

**MMA / KICKBOXING-X KICKSTART \$99.00**

*Includes: 6 weeks unlimited evening classes, gloves, facilities use, fitness pass*

Monthly Membership \$60.00

**GYM KICKSTART \$99.00**

*Includes: 6 week gym pass, club t-shirt, fitness evaluation, 2 – 20 minute personal training set up sessions*

Monthly Membership \$30.00

**TRX TRAINING KICKSTART \$99.00**

*Includes: 6 week TRX class / gym pass, club t-shirt, fitness evaluation, 2 – 20 minute personal training set up sessions*

Monthly Membership \$60.00

**PERSONAL TRAINING AND SMALL GROUP CLASSES**

*Available on request*

*\* all programs subject to G.S.T.*



20 Dickson Street  
Cambridge, Ontario  
N1R 1T4  
(519) 620-2014  
www.grandriverfitness.ca