

Capital Fitness Center Class Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

5:30pm
Boxing
Addie
60 minutes

6:30am
Boxing
Addie
60 minutes

12pm
Boxing Circuit
Addie
12pm (30min)

5:40pm
Circuit Training
Dustin
50 minutes

6am
Circuit Training
Dustin
50 minutes

5:30pm
Boxing
Addie
60 minutes

6:30am
Boxing
Addie
60 minutes

12pm
Boxing Circuit
Addie
30 minutes

5:40pm
Circuit Training
Dustin
50 minutes

6am
Circuit Training
Dustin
50 minutes