Class Schedule

Fit in 42 Palm Springs

5001 East Ramon Rd. Palm Springs CA 92264

Phone: (760) 620-5024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	
6:00 AM	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	
8:00 AM						42 STRONG
9:00 AM	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG
4:00PM	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	
5:15PM	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 FIGHT CLUB	

42 STRONG

1 Hour Class: This energizing workout incorporates the most popular and effective fitness exercises designed to improve your cardio and strength. The exercises touch on all popular exercise regimens utilizing weights, TRX suspension system, dumbbells, sandbags and other multiple tools. Exercise in a group environment as you team up with others to meet and exceed challenges that test your strength and fortitude. You will push and sweat your way to a lean, healthy body.

42 COMBAT

1 Hour Class: Accelerate your fitness with this class that will have you kicking, punching and sweating your way to a leaner, healthier you. This class blends High Intensity Interval Training (HIIT) while using weights, punching bags and many other fitness tools. You will literally be beating the fat away! **12 ounce Boxing Gloves are required. This class does not involve hand-to hand combat. **

42 FIGHT CLUB

This HIGH energy Class is 60 minutes long focusing on going deeper with your Boxing Skills while burning an insane amount of calories! If you want to learn how to hit stuff better and get an insane workout in please mark Friday Nights at 42 on your Calendar

On Friday Nights we want to let loose, have some fun, and get the energy cranked up! That is the recipe for 42FIGHTCLUB!