



# Class Schedule

## Fit in 42 Kingwood

1311 Kingwood Dr, Kingwood,  
TX 77339 Phone: (281) 312-5131

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:00 AM</b>	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	
<b>6:00 AM</b>	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	
<b>8:00 AM</b>	SEMI PRIVATE PERSONAL TRAINING	42 STRONG	SEMI PRIVATE PERSONAL TRAINING	42 STRONG	42 COMBAT	42 STRONG
<b>9:00 AM</b>	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG
<b>5:30 PM</b>	42 COMBAT	42 STRONG	42 COMBAT	42 STRONG	42 COMBAT	
<b>6:30 PM</b>	42 COMBAT	SEMI PRIVATE PERSONAL TRAINING	42 COMBAT	SEMI PRIVATE PERSONAL TRAINING	42 COMBAT	

### 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.\**