



# CLASS SCHEDULE

## FIT IN 42 LA QUINTA

79410 HWY 111 SUITE 112, LA QUINTA, CA 92253

PHONE: (760) 875-0571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:00 AM</b>	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT		
<b>6:00 AM</b>	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT		
<b>7:00 AM</b>	PVT	PVT	PVT	PVT	PVT	<u>BBB</u> PVT	
<b>8:00 AM</b>	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT	<u>BBB</u> PVT	
<b>9:00AM</b>	<u>42COMBAT</u> PVT	PVT	<u>42COMBAT</u> PVT	PVT	<u>42COMBAT</u> PVT		
<b>10:00 AM</b>	PVT	PVT	PVT	PVT	PVT		
<b>3:00PM</b>	PVT	PVT	PVT	PVT	PVT		
<b>4:00PM</b>	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42FIGHTCLUB</u> PVT		
<b>5:00PM</b>	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>FIGHT CLUB</u> PVT		
<b>6:00PM</b>	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>42COMBAT</u> PVT	<u>42STRONG</u> PVT	<u>FIGHT CLUB</u> PVT		



# TRAINING SESSION BREAK DOWN

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## WHAT IS PVT?

Welcome to PVT, our signature semi-private training experience held in the exclusive Fit in 42 training room. Designed for those serious about transformation, PVT blends hypertrophy-style strength training with strategic progressive overload—the proven formula to burn body fat, build lean muscle, and get lasting results.

Each session is fast-paced, intensely focused, and limited to just 6 clients per hour, ensuring personalized attention from our expert coaches. This isn't just a workout—it's a results-driven system built around intention, intensity, and individualized coaching.

To join a session, you must schedule in advance by texting our Front Desk Team at 760-875-0571.

## WHAT IS 42COMBAT?

This Group Training Session will get your heart pumping and sweat pouring while you get an intense cardio boxing workout. This class incorporates punches, kicks, elbows and knees as well as a variety of equipment to create a high intensity interval training circuit. No prior boxing experience needed as our coaches will carefully lead you through each movement. Time will fly as you box to the beat and move from station to station in this action packed hour.

## WHAT IS 42STRONG?

This hour of power incorporates the use of various functional equipment designed to maximize your strength and endurance. Your Coach will be able to tailor the workout specifically to you in this session. This strength based training focuses on making you stronger, leaner and mentally unbreakable. With the guidance and attention of our coaches, the high energy music, and the welcoming community you will leave feeling stronger, more confident and hungry for more.

## WHAT IS BBB (BUILT BOOTY BOOTCAMP)?

Get ready to lift, tone, and sculpt in our high-energy Built Booty Bootcamp — a large group training session that puts the focus where it counts: glutes, abs, and legs. This class combines resistance training, dynamic circuits, and targeted core work to build strength, boost endurance, and shape your lower body like never before.