

# 5-WEEK SCHEDULE

M-W-F 7:00 AM, 20 Minute Zoom Class  
Tue-Thur Pre-Recorded Nutrition Video

## WEEK 1

June 8 | Title Boxing Club  
June 10 | Ultimate Martial Arts  
June 12 | Title Boxing Club

## WEEK 2

June 15 | Mi5 Fitness  
June 17 | Ultimate Martial Arts  
June 19 | Mi5 Fitness

## WEEK 3

June 22 | Anytime Fitness  
June 24 | Raberge's Martial Arts  
June 26 | Anytime Fitness

## WEEK 4

June 29 | Northstar Crossfit  
June 30 | Raberge's Martial Arts  
July 1 | Northstar Crossfit

## WEEK 5

July 6 | Restorative Health & Wellness  
July 10 | Restorative Health & Wellness

### BONUS!

All registered participants  
will receive a **free offer**  
**from each studio** upon  
completion of program!

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