

THE WEEKDAY WORKOUT

Free to all Calvo's SelectCare Members!

January 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|
|  5:30pm Aqua Tahitian Sheraton Pool 6:00pm Hipbox Maite |  5:30pm Aqua Fitness Hagåtña Pool CrossFit Jumpstart Maite Kids Cardio Boxing (Ages 5 - 12 yrs.) Maite |  5:30pm Aqua Tahitian Sheraton Pool <div style="background-color: #f08080; padding: 5px; text-align: center;"> STEEL ATHLETICS </div> 12:00pm Steel Fit 7:00pm No-Gi BJJ Technique |  5:30pm Aqua Fitness Hagåtña Pool TRX Training Maite Cycling Maite |  5:30pm Cardio Boxing Maite 5:30pm Tahitian Fit Maite |  7:15am Burn Tamuning |
|  6:15pm Hybrid Anigua | |  6:30pm Burn Tamuning | | | |
| | |  7:00pm CrossFit Basics Anigua | | | |

No Gym Membership Required!

Classes are on a first come, first served basis. Must present Calvo's SelectCare identification card.

Classes are subject to change

For more information, please contact Customer Service

Phone: (671) 477-9808 Email: wellness@calvos.com

