

# HW

HARD WORK // NO EXCUSES

July - September  
2022

## SUNDAY

8:30 A.M. - KILLER KARDIO

9:30 A.M. - RIDE OR DIE

## MONDAY

5:45 A.M. - XTREME HIIT  
9:30 A.M. - BATTLE ROPE  
RAGE

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5:30 P.M. - WTF  
6:30 P.M. - JUST LIFT

## TUESDAY

5:45 A.M. - KILLER KARDIO  
9:30 A.M. - RIDE OR DIE

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5:30 P.M. - FIGHT NIGHT  
6:30 P.M. - XTREME HIIT

## WEDNESDAY

5:45 A.M. - CORE CRUSHER  
9:30 A.M. - TOTAL BODY  
BEATDOWN

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5:30 P.M. - RIDE OR DIE  
6:30 P.M. - KILLER KARDIO

## THURSDAY

5:45 A.M. - TOTAL BODY  
BEATDOWN  
9:30 A.M. - CORE CRUSHER

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5:30 P.M. - KILLER KARDIO  
6:30 P.M. - BOOM

## FRIDAY

9:30 A.M. - WTF

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5:30 P.M. - BATTLE  
ROPE RAGE

## SATURDAY

8:30 A.M. - SGX

9:30 A.M. - FIGHT NIGHT

## NOTES