



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM							Burn & Build Body Squad
10:00 AM						Boxing Bootcamp w/ Julio	
6:00 PM		Boxing Fight Camp	ZUMBA				
7:00 PM	Boxing Fight Camp		Boxing Fight Camp	Yoga w/ Maria			

**Thump Gym & Fitness**  
 7740 N. Kendall Dr.  
 Miami, FL 33156  
 (305) 403-7325

**Hours of Operation**  
 Mon-Fri: 6am-9pm  
 Sat: 7am-5pm  
 Sun: 8am-2pm