

High Intensity Practical Exercises
3430 Constitution Drive, Suite 113
Springfield, IL 62711

217.741.GOAL

www.hipeneverquit.com

All classes \$5. Glove rental \$1.



Remember! Most classes can be modified to suit your individual needs. You can make each exercise more or less intense. However, all new clients must attend a Level One Get Started class before coming to any other class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m. Level Three		9:00 a.m. Level Three		9:00 a.m. Level Three	9:00 a.m. Level Three
Noon Level Two+ *45-minute class		Noon Level Two+ *45-minute class		Noon Level Two+ *45-minute class	11:00 a.m. Level One
5:30 p.m. Level Two	6:00 p.m. Level One	5:30 p.m. Level Two	5:30 p.m. Level Two+ 7:00 p.m. Level One		