

LOKA

LOMBOK

GYM-RECOVERY-CAFÉ

WEEKLY GYM SCHEDULE

MONDAY

METCON	08.30 AM
MUAYTHAI <i>Striking & Drilling - All Levels</i>	09.30 AM
KETTLEBELLS <i>Strength & Technique - All Levels</i>	11.00 AM
ABS GLUTES & LEGS	05.30 PM

TUESDAY

HIIT	08.30 AM
BOXING <i>Partner Drill / Pad Work - All Levels</i>	09.30 AM
UPPER BODY MOBILITY TRAINING	11.00 AM
SURF STRENGTH	05.30 PM

WEDNESDAY

METCON	08.30 AM
BOXING <i>Boxing Drills & Footwork - All Levels</i>	09.30 AM
MUAYTHAI <i>Padwork - All Levels</i>	04.00 PM
ABS GLUTES & LEGS	05.30 PM

THURSDAY

SURF STRENGTH	08.30 AM
MUAYTHAI <i>Technique Drilling - Intermediate</i>	09.30 AM
CALISTHENICS - HANDSTANDS <i>Skillwork - All Levels</i>	11.00 AM

FRIDAY

METCON	08.30 AM
MUAYTHAI <i>Striking Drilling & Light Sparring - Intermediate</i>	09.30 AM
LOWER BODY MOBILITY TRAINING	11.15 AM

SATURDAY

CALISTHENICS - MUSCLE UP <i>Pull & Push Progression - All Levels</i>	08.00 AM
HIIT	09.00 AM
BOXING <i>Partner Drill / Pad Work - All Levels</i>	10.00 AM