

Red Hills Tactical HELL WEEK SCHEDULE

Monday

10AM-Soul Yoga

*This class will help bring your mind, body and soul together to help prepare to tackle the hardest training sessions that you will be enduring through the week.

6PM-Drill Bootcamp

*If you want your muscles to scream, this class is perfect for you. A mixture of drills and strength will push your body to the limit.

Tuesday

5:30PM-MMA Abs

*MMA Abs focuses on making sure that your core is ready for anything. Using mma techniques we ensure that your abs will be ready to take a punch! This class is not for the weak. Be prepared to hurt.

6:00PM-Sweat Box

*Sweat box is named appropriately. You will sweat like crazy. This class is a mixture of martial arts, self defense and tactical skills. You will walk away wanting more.

Wednesday

3:30PM-Tactical Kids

This class is for kids only! They will learn the basics of kickboxing, sparring, tactical skills, and conditioning drills, and the best part about this class is, they have a fun time doing it!

6:00PM-Extreme Yoga

This class is more intense and was designed to push your body to a new level. Be ready to sweat and work. We guarantee that you will love this class and that you will feel revived and renewed.

Thursday

5:00PM-TRX

Using the TRX system we do a series of body weight exercises that will rock your body. This class is great to target every body part and will challenge you.

6:00PM-Sweat Box

Saturday

10:30AM-The Rebel 300

If you have wanted to challenge yourself to the core, this class is for you! Designed to train for extreme adventure races, this class is INSANE. You do not have to be training for a race to take this class. Everyone is welcome.