	Coach:	Location	Date	Equipment		
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0	bjectives:		_			
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General Warm Up			
Drill	Duration (min)	Intensity	Comments
Shadow Striking			
Drill	Duration (min)	Intensity	Comments

Stretch			
Drill	Duration (min)	Intensity	Comments
	, ,	-	
			_

Core Class			
Drill	Duration (min)	Intensity	Comments

Core Class			
Drill	Duration (min)	Intensity	Comments

Core Class			
Drill	Duration (min)	Intensity	Comments

Notes: