



# SMALL GROUP TRAINING SMASH & GRIND

Join Danai for another round of Smash & Grind :  
30 minutes of boxing followed by 30 minutes of cycle!

**DATE:** Saturday, May 26  
**TIME:** 9:45 AM - 10:45 AM  
**COST:** \$ 15 MEMBERS  
\$ 25 NON-MEMBERS

\* SGT PACKAGES APPLY \*

