

GYM SCHEDULE

REVISED 8/1/17



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		KICKBOXING 6:00-7:00 AM			
	KICKBOXING 7:00-8:00 AM	OPEN GYM 7:15-9:00 AM	ADVANCED TECHNIQUES 7:00-8:00 AM		
	OPEN GYM 8:15-9:15 AM	KICKBOXING 9:15-10:15 AM	OPEN GYM 8:15-9:15 AM	KICKBOXING 8:00-9:00 AM	KICKBOXING 9:00-10:00 AM
	ADVANCED TECHNIQUES 9:30-10:30 AM	OPEN GYM 10:30-11:15 AM	KICKBOXING 9:30-10:30 AM	KICKBOXING 9:15-10:15 AM	FAMILY KICKBOXING 10:15-11:15 AM
	OPEN GYM 10:45-12:00 PM	KICKBOXING 11:30-12:30 PM	OPEN GYM 10:45-12:00 PM	KICKBOXING 10:30-11:30 AM	KICKBOXING 11:30-12:30
	KICKBOXING 12:15-1:15 PM		KICKBOXING 12:15-1:15 PM		
					ADVANCED TECHNIQUES 12:45-1:45PM
OPEN GYM 3:00-4:15 PM	OPEN GYM 3:00-4:15 PM	OPEN GYM 3:00-4:15 PM	OPEN GYM 3:00-4:15 PM		OPEN GYM 2:00-3:00 PM
ADVANCED TECHNIQUES 5:00-6:00 PM	KICKBOXING 5:15-6:15 PM	FAMILY KICKBOXING 5:00-6:00 PM	KICKBOXING 5:15-6:15 PM		
KICKBOXING 6:15-7:15 PM	KICKBOXING 6:30-7:30 PM	KICKBOXING 6:15-7:15 PM	KICKBOXING 6:30-7:30 PM		
KICKBOXING 7:30-8:30 PM	KICKBOXING 7:45-8:45 PM	ADVANCED TECHNIQUES 7:30-8:30 PM	KICKBOXING 7:45-8:45 PM		

***QUICK CORE** self led core classes are offered before and after EVERY kickboxing class! They usually take about 5-10 minutes to complete.

Please be sure to check class times are the most current we offer, as we sometimes change the schedule to fit our members' busy lives best.