



Class Schedule



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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
			"MORNING WORKOUT" Taping	9:00 - 10:00 am Cardio Kickboxing	9:00 - 10:00 am Cardio Kickboxing	C L O S E D
		12:00 - 1:00pm Open Defense		12:00 - 1:00pm Open Defense	10:00 - 11:00 am Youth Sparring	
	3:00 - 5:00 pm Open Floor/ Private Training	4:15 - 5:15 pm Waiting Parent Workout	3:00 - 5:00 pm Open Floor/ Private Training	4:15 - 5:15 pm Waiting Parent Workout	11:00 - 12:00 pm Teen Sparring	
4:30 - 5:30 pm Super Youth	5:00 - 6:00 pm Teen Class	4:15 - 5:15 pm Youth Advanced	5:00 - 6:00 pm Teen Class	4:15 - 5:15 pm Youth Advanced		
6:30 - 7:30 pm Cardio Kickboxing	6:00 - 6:30 pm Brown Belt	5:30 - 6:30 pm Youth Beginner	6:00 - 6:30 pm Brown Belt	5:30 - 6:30 pm Youth Beginner		
7:30 - 8:30 pm Black Belt Class	6:30 - 7:30 pm Adult Advanced	6:30 - 7:30 pm Cardio Kickboxing	6:30 - 7:30 pm Adult Advanced	6:30 - 7:30 pm Bag Boot Camp		
	7:30 - 8:30 pm Adult Beginner	7:30 - 8:30 pm Advanced Sparring	7:30 - 8:30 pm Adult Beginner	7:30 - 8:30 pm Black Belt Class		

No Bag Boot Camp on the last Friday of the month for Staff Meeting.