

Winter

SCHEDULE OF CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am Cardio Boxing Mike			9:30am Cardio Boxing Mike		9:30am Cardio Boxing
	12 pm Cardio Boxing Mike		12 pm Cardio Kickboxing	12 pm Cardio Boxing Mike		11am Cardio Boxing
	5:30pm Cardio Boxing Mike	5:30pm Cardio Boxing Mike	5:30pm Cardio Kickboxing Erika	5:30pm Cardio Boxing Mike	6pm BJJ Amel	
	7pm MMA Group Conditioning Amel	7pm Power Cardio Erika	7pm MMA Group Conditioning Amel			
	8pm BJJ Amel		8pm BJJ Amel			



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