



Effective January, 8, 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am-8:00am Full Body Fitness Kickboxing		7:00am-8:00am Full Body Fitness Kickboxing		7:00am-8:00am Full Body Fitness Kickboxing		
9:30am -10:30am Full Body Fitness Kickboxing	9:30am -10:30am Full Body Fitness Kickboxing	9:30am -10:30am Insanity with Kelly	9:30am -10:30am Full Body Fitness Kickboxing	9:30am -10:30am Full Body Fitness Kickboxing	9:00am -10:00am Full Body Fitness Kickboxing	9:00am -10:00am Full Body Fitness Kickboxing
	12:00-1:00pm Insanity with Kelly		12:00-1:00pm Insanity with Kelly		10:00am-11:00am Insanity with Kelly	
5:00pm - 7:00pm Boxing Open Gym	5:00pm-6:00pm Full Body Fitness Kickboxing	5:00pm - 7:00pm Boxing Open Gym	5:00pm-6:00pm Full Body Fitness Kickboxing		12:00 - 1:00pm Boxing	
	6:00pm-7:00pm Boxing		6:00pm-7:00pm Boxing			
***** 7:00pm - 8:00pm Full Body Fitness Kickboxing	***** 7:00pm - 8:00pm Full Body Fitness Kickboxing	***** 7:00pm - 8:00pm Full Body Fitness Kickboxing	***** 7:00pm - 8:00pm Full Body Fitness Kickboxing			

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