

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|--|--|--|--|
| *Open Training<br>*Personal Training<br>Starting 12 pm | Cardio Kickboxing<br>7:00-7:50 am                      | *Open Training<br>*Personal Training<br>Starting 12 pm | Cardio Kickboxing<br>7:00-7:50 am                      | *Open Training<br>*Personal Training<br>Starting 12 pm | *Open Training<br>*Personal Training<br>Starting 8:30 am |
| *Open Training<br>*Personal Training                   | Cardio Kickboxing<br>8:00-8:50 am                      | *Open Training<br>*Personal Training                   | Cardio Kickboxing<br>8:00-8:50 am                      | *Open Training<br>*Personal Training                   | *Open Training<br>*Personal Training                     |
| *Open Training<br>*Personal Training                   | *Open Training<br>*Personal Training<br>Starting 12 pm | *Open Training<br>*Personal Training                   | *Open Training<br>*Personal Training<br>Starting 12 pm | *Open Training<br>*Personal Training                   | *Open Training<br>*Personal Training<br>Ends at 10:30 am |
| *Open Training<br>*Personal Training<br>Ends 4 pm      | *Open Training<br>*Personal Training<br>Ends 4 pm      | *Open Training<br>*Personal Training<br>Ends 4 pm      | *Open Training<br>*Personal Training<br>Ends 4 pm      | *Open Training<br>*Personal Training<br>Ends 4 pm      | Youth/Adult<br>All Levels<br>10:30-11:30                 |
| Kids<br>All Levels<br>4:15-5:00                        | Kids<br>All Levels<br>4:15-5:00                        | Kids<br>All Levels<br>4:15-5:00                        | Kids<br>All Levels<br>4:15-5:00                        | Kids<br>All Levels<br>4:15-5:00                        | Kids<br>All Levels<br>11:30-12:15                        |
| Youth<br>Beginners<br>Intermediate<br>5:00-5:50        | Youth<br>Beginners<br>Intermediate<br>5:00-5:50        | Youth<br>Beginners<br>Intermediate<br>5:00-5:50        | Youth<br>Beginners<br>Intermediate<br>5:00-5:50        | Youth<br>All Levels<br>5:00-5:50                       | Opening Soon<br>12:30pm                                  |
| Adult<br>Beginners<br>Intermediate<br>6:00-6:50        | Adult<br>Intermediate<br>Advanced<br>6:00-6:50         | Adult<br>Beginners<br>Intermediate<br>6:00-6:50        | Adult<br>Intermediate<br>Advanced<br>6:00-6:50         | Adult<br>All Levels<br>6:00-6:50                       | Opening Soon<br>1:30pm                                   |
| Adult<br>Intermediate<br>Advanced<br>7:00-7:50         | Adult<br>Beginners<br>Intermediate<br>7:00-7:50        | Adult<br>Intermediate<br>Advanced<br>7:00-7:50         | Adult<br>Beginners<br>Intermediate<br>7:00-7:50        | Adult<br>Intermediate<br>Advanced<br>7:00-7:50         | Opening Soon<br>2:30pm                                   |
| Opening soon<br>8:00-8:50                              | Opening soon<br>8:00-8:50                              | Opening soon<br>8:00-8:50                              | Opening soon<br>8:00-8:50                              | Opening soon<br>8:00-8:50                              |  |