



**ONE ON ONE FITNESS CLASS SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>KICK PUNCH CRUNCH</b>  6:00 PM–7:00 PM ERIN	<b>ADVANCED KICK BOXING</b>  6:00 PM–7:00 PM SHELLIE	<b>ABS, JABS &amp; KICKS</b>  6:00 PM–7:00 PM ERIN	<b>U.F.C. ULTIMATE FITNESS CRAZE</b>  6:00 PM–7:00 PM SHELLIE	<b>KICKBOXING BOOTCAMP</b>  6:00 PM–7:00 PM SHELLIE	<b>BOOTCAMP</b>  10:30 AM–11:30 AM ERIN	<b>YOGA SPIN</b>  10:30 AM–11:30 AM LINDA
<b>POWER SPIN</b>  7:15 PM–8:15 PM SOPHIE	<b>BEGINNERS KICK BOXING</b>  7:15 PM–8:15 PM SHELLIE	<b>POWER SPIN</b>  7:15 PM–8:15 PM SOPHIE	<b>BEGINNERS KICK BOXING</b>  7:15 PM–8:15 PM SHELLIE	<b>YOGA SPIN</b>  7:15 PM–8:15 PM LINDA	<b>POWER SPIN</b>  12:00 PM–1:00 PM SOPHIE	<b>BODY PUMP</b>  12:00 PM–1:00 PM SHELLIE

**MUAY THAI ACADEMY CLASS SCHEDULE**

	<b>BEGINNERS MUAY THAI</b>  6:30 PM–8:00 PM STEVEN, LUC,& RAY		<b>BEGINNERS MUAY THAI</b>  6:30 PM–8:00 PM STEVEN, LUC,& RAY		<b>MIXED LEVELS MUAY THAI</b>  4:00 PM–6:00 PM STEVEN, LUC,& RAY	<b>MIXED LEVELS MUAY THAI</b>  4:00 PM–5:30 PM STEVEN, LUC,& RAY
	<b>INTER/ADVANCE MUAY THAI</b>  8:00 PM–10:00 PM STEVEN, LUC,& RAY		<b>INTER/ADVANCE MUAY THAI</b>  8:00 PM–10:00 PM STEVEN, LUC,& RAY			

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