



Group X Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes in YELLOW boxes are <u>FREE TO ALL MEMBERS</u>						
Women's Kickboxing 9:30-11am	Women's Kickboxing 9:30-11am	SILVER FITNESS 9:30am	SILVER FITNESS 9:30am	Women's Kickboxing 9:30-11am	YOGA 9:15am	BRAZILIAN G.A.L. 8am
					Family Kickboxing 10:30am	YOGA 9:15am
		CARDIO KICKBOXING 3pm			RESERVED 12pm-2pm	
Family Kickboxing 4pm	Family Kickboxing 4pm	Family Kickboxing 4pm	Family Kickboxing 4pm	Family Kickboxing 4pm		
Kajukenbo 5pm	FUNCTIONAL TRAINING 5pm	Kajukenbo & Muay Thai 5pm	FUNCTIONAL TRAINING 5pm	Kajukenbo & Muay Thai 5pm		
ZUMBA 6:15pm	YOGA 6:15pm	Kickboxing 6pm	YOGA 6:15pm	Kickboxing 6pm		
Muay Thai 7:30pm	Kickboxing 7:30pm	ZUMBA 7:30pm	Kickboxing 7:30pm	Muay Thai 7pm		

MMA Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MMA 9am	MMA 9am		MMA 9am	MMA 9am		
			Women's Kickboxing 9:30-11am		CARDIO KICKBOXING 11am	
Kickboxing 6pm						
Advance Muay Thai 6pm	Kid's Wrestling 6pm	Advance Muay Thai 6pm	Kid's Wrestling 6pm			
BJJ 7pm	MMA 7pm	Muay Thai 7pm	BJJ 7pm	MMA 7pm		
MMA Elite 8pm	MMA Elite 8pm	MMA Elite 8pm	MMA Elite 8pm	MMA Elite 8pm		