



APRIL 2012

ALL CLASSES
ARE 1 HOUR IN LENGTH

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		TIME
	BAGS	TURF	BAGS	TURF	BAGS	TURF	BAGS	TURF	BAGS	TURF	
5:30 AM	BOXING JOE		KICKBOXING STEVE			FORGE BRAD	KICKBOXING TJ			INTERVAL ANGIE W.	5:30 AM
7 AM - 9 AM		STRENGTH CIRCUIT		INTERVAL CIRCUIT	BOXING CIRCUIT			STRENGTH CIRCUIT	KICKBOXING CIRCUIT		7 AM - 9 AM
9:00 AM	KICKBOXING TJ		FORGE BRAD			INTERVAL LYNNE	BOXING GRETTA			FORGE LYNNE	9:00 AM
9:30 AM											9:30 AM
4:15 PM		YOUTH INTERVAL TJ		YOUTH KICKBOX TJ					YOUTH BOX BRAD		4:15 PM
5:00 PM	KICKBOXING STEVE		BOXING GRETTA		INTERVAL STEPHANIE			FORGE KATIE C. YOGA KELLY		BOXING BRAD	5:00 PM
6:00 PM		FORGE ANGIE W.		INTERVAL KATIE C.		THE SINK JIMMY					6:00 PM
6:15 PM	BOXING BRAD		KICKBOXING JIMMY		BOXING CARLOS		KICKBOXING KIMBERLY				6:15 PM
7:15 PM	KICKBOXING ANGIE			ZUMBA KRISTEN	KICKBOXING STEVE		BOXING SOOK				7:15 PM
7:45 PM								ZUMBA KRISTEN			7:45 PM

*** ADDITIONAL PAY PROGRAMMING ***

"SELF-LED" CIRCUIT TRAINING

*TENTATIVE SCHEDULE, SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY

TIME	SATURDAY	
	BAGS	TURF
8:00 AM	KICKBOXING ANGIE W.	
8:30 AM		THE SINK JIMMY
9:30 AM	BOXING JOE	INTERVAL LYNNE
11:00 AM		
NOON - 2 PM		INTERVAL CIRCUIT

HOURS

MONDAY - THURSDAY

5A - 9P

FRIDAY

5A - 8P

SATURDAY

8AM - 2PM

SUNDAY

12PM - 5PM

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SUNDAY		TIME
BAGS	TURF	
KICKBOXING JIMMY		12:30 PM
	FAMILY INTERVAL	1:15 PM
BOXING BRAD		2:30 PM
	YOGA KELLY	3:30 PM