

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SELF DEFENSE STRATEGIES & TECHNIQUES 4:30 PM	POWER KB 9:30 AM	POWER KB 9:30 AM	KICKBOXFIT w/TRX 9:30 AM	POWER KB 9:30 AM	POWER KB KB BASICS 9:30 AM	POWER KB KB BASICS 9:30 AM
	Mixed Aerial Silks 4:00 PM	KB SKILLS & DRILLS 5:30 PM	FUSION TRAINING 4:30 PM		HEAVY BAG BLAST KB BASICS 10:30 AM	FUSION TRAINING 10:30 AM
POWER KB 5:30 PM	POWER KB KB BASICS 5:30 PM		KB LIGHT SPARRING 6:30 PM	POWER KB KB BASICS 5:30 PM	Pau Hana Aerial Silks 5:00 PM	ROLL & RELEASE 11:30 AM SELECT SATURDAYS
KICKBOXFIT w/TRX 6:30 PM	HEAVY BAG BLAST 6:30 PM	POWER KB 7:30 PM		POWER KB KB BASICS 6:30 PM		Aerial Silks Training 11:30 AM Select Saturdays
	POWER KB 7:30 PM		Aerial Silks Training 7:30 PM	Aerial Straps 6:30 PM SELECT Fridays	Beginner Aerial Silks 1:00 PM	Pre-Int & Int Aerial Silks 2:15 PM
Beginner Aerial Silks 7:30 PM	Pre-Intermediate Aerial Silks 7:30 PM	Aerial Straps 7:30 PM			Combo Aerial Silks & Rope 2:15 PM	Intermediate Aerial Silks 5:00 PM

Effective - April 15, 2024