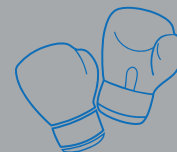




# GYM CLASS SCHEDULE

Effective November 15, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	POWER KB 9:30 AM	POWER KB 9:30 AM	KB & TRX 9:30 AM	POWER KB 9:30 AM	POWER KB KB BASICS 9:30 AM	POWER KB KB BASICS 9:30 AM
	BEG AERIAL SILKS 4:00 PM		ADV BEG AERIAL SILKS 4:00 PM		HEAVY BAG KB BASICS 10:30 AM	FUSION TRAINING 10:30 AM
POWER KB 5:30 PM	POWER KB KB BASICS 5:30 PM	KB SKILLS & DRILLS 5:30 PM	FUSION TRAINING 5:15 PM		ROLL & RELEASE EVERY OTHER SAT 11:30 AM	BEG AERIAL SILKS 11:30 AM
KB & TRX 6:30 PM	HEAVY BAG KB BASICS 6:30 PM	KB LIGHT SPARRING 6:30 PM	POWER KB KB BASICS 6:30 PM		BEG AERIAL SILKS 1:00 PM	ADV BEG AERIAL SILKS 12:45 PM
	POWER KB 7:30 PM	POWER KB 7:30 PM	POWER KB 7:30 PM	PAU HANA SILKS 5:00 PM	BEG AERIAL SILKS 1:00 PM	PRE-INT / INT AERIAL SILKS 2:15 PM
BEG AERIAL SILKS 7:30 PM	PRE-INT AERIAL SILKS 7:30 PM	AERIAL STRAPS 7:30 PM	AERIAL SILKS TRAINING 7:30 PM	AERIAL STRAPS 6:00 PM	COMBO ROPE & SILKS 2:30 PM	INTERMEDIATE AERIAL SILKS 4:30 PM