

INSTRUCTIONAL SCHEDULE

SPRING 2024 (APR 29 - JUNE 29)



MON

6:00 - 7:30 PM
MUAY THAI & KICKBOXING
COMBATIVES STUDIO
SAM & MARTIN F.

7:00 - 8:25 PM
STRENGTH LEVEL 1 (WOMEN ONLY)
MULTIPURPOSE ROOM
KAITLYN A.

TUE

5:30 - 6:30 PM
STRENGTH (CO-ED)
MULTIPURPOSE ROOM
DANIEL Z.

6:30 - 8:00 PM
KARATE (SHOTOKAN)
COMBATIVES STUDIO
HASHMAT K.

6:45 - 7:45 PM
8-WEEK BUILD
PT STUDIO
MELANIE R.

WED

6:00 - 7:25 PM
STRENGTH LEVEL 1 (WOMEN ONLY)
MULTIPURPOSE ROOM
ALICIA B.

6:00 - 7:30 PM
MUAY THAI & KICKBOXING
COMBATIVES STUDIO
SAM & MARTIN F.

7:30 - 8:55 PM
STRENGTH LEVEL 2+ (WOMEN ONLY)
MULTIPURPOSE ROOM
ALICIA B.

THU

6:00 - 7:00 PM
FUNCTIONAL FITNESS
MULTIPURPOSE ROOM
ALICIA B.

6:30 - 8:00 PM
KARATE (SHOTOKAN)
COMBATIVES STUDIO
HASHMAT K.

6:45 - 7:45 PM
6-WEEK BUILD
PT STUDIO
MELANIE R.

7:00 - 8:25 PM
STRENGTH LEVEL 2 (WOMEN ONLY)
MULTIPURPOSE ROOM
ALICIA B.

SAT

10:30 - 11:30 AM
DYNAMIC KICKBOXING (WOMEN ONLY)
COMBATIVES STUDIO
SONIA C.

11:30 - 1:00 PM
INTERMEDIATE DYNAMIC KICKBOXING (WOMEN ONLY)
COMBATIVES STUDIO
SONIA C.

1:00 - 2:30 PM
FIGHT LIKE MULAN (WOMEN ONLY)
COMBATIVES STUDIO
SONIA C.

 **MARTIAL ARTS**

 **STRENGTH**