

INSTRUCTIONAL SCHEDULE

SUMMER 2025 (JULY 2 - AUG 29)

MONDAY

6:30 - 7:30 PM
8-WEEK BUILD
CURT B. *PT STUDIO*

7:30 - 8:55 PM
WOMEN ONLY STRENGTH L2
GRACE D. *MULTIPURPOSE*

TUESDAY

6:00 - 7:25 PM
WOMEN ONLY STRENGTH L2
CAMILLE D. *MULTIPURPOSE*

7:30 - 8:55 PM
WOMEN ONLY STRENGTH L1
CAMILLE D. *MULTIPURPOSE*

WEDNESDAY

6:00 - 7:25 PM
WOMEN ONLY STRENGTH L1
GRACE D. *MULTIPURPOSE*

6:30 - 7:30 PM
8-WEEK BUILD
CURT B. *PT STUDIO*

SATURDAY

11:00 - 12:30 PM
WOMEN ONLY KICKBOXING BEG/INT
SONIA C. *COMBATIVES*

12:30 - 2:00 PM
WOMEN ONLY FIGHT LIKE MULAN
SONIA C. *COMBATIVES*

