INSTRUCTIONAL SCHEDULE
SPRING 2024 (APR 29 - JUNE 29)

**MON**
6:00 - 7:15 PM
RUN STRONG OUTDOORS MAGNUS C.
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**
5:00 - 6:00 PM
BURLESQUE (WOMEN ONLY) ACTIVITY ROOM EMMA F.
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**
12:00 - 1:00 PM
KARATE (SHOTOKAN) COMBATIVES STUDIO HASHMAT K.
6:00 - 7:25 PM
STRENGTH LEVEL 1 (WOMEN ONLY) MULTIPURPOSE ROOM ALICIA B.
6:00 - 7:15 PM
RUN STRONG OUTDOORS MAGNUS C.
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.
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.