

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00-7:00am	6:00-7:00 -Boot Camp-	Private/Group Training	6:00-7:00 -Boot Camp-	<h1>Holiday Schedule</h1> <p>Closed Dec 24th 2009 Dec 31st 2009</p> <p>Closed Dec 25th 2009 Jan 1st 2010</p> <p>Closed Dec 26th 2009 Jan 2nd 2009</p>	<p>Closed Dec 25th 2009 Jan 1st 2010</p>	<p>Closed Dec 26th 2009 Jan 2nd 2009</p>					
7:00-9:30am										Private/Group Training	
9:30-10:00am	9:15-10:30 -Cardio-						9:15-10:30 -Cardio-				
10:00-10:30am										10:00-10:50 -Cardio-	
10:30-11:00am										11:00-12:00 -Youth Tech- All Levels	
11:00-11:30am										12:00-1:00 -Adult Tech- All Levels	
11:30-12:00am										Private/Group Training	
12:00-12:30pm											
12:30-1:00pm											
1:00-1:30pm											
1:30-4:00pm											
4:00-4:45pm											
4:45-5:00pm											
5:00-5:30pm											
5:30-6:00pm	5:30-6:25 -Youth Tech All Levels-		5:30-6:25 -Youth Tech All Levels-				5:30-6:25 -Youth Tech All Levels-				
6:00-6:30pm											
6:30-7:00pm	6:30-7:25 -Cardio-		6:30-7:25 -Cardio-				6:30-7:25 -Cardio-				
7:00-7:30pm											
7:30-8:00pm	7:30-8:25 -Adult Tech- All Levels		7:30-8:25 -Adult Tech- All Levels				7:30-8:25 -Adult Tech- All Levels	7:30-8:25 Open Sparring Blue&Red +			
8:00-8:30pm											
8:30-9:00pm											
9:00-9:30pm											



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