

# ADULT CLASS SCHEDULE

MONDAY

**CARDIO SWEAT**

Cardio kickboxing

12:30 - 1:15PM

OPEN

OPEN

**SPARRING**

6:45 - 7:30 PM

**ZUMBA**

Latin inspired dance fitness

7:30 - 8:15 PM

**YOGA**

Strength, balance and flexibility

8:15 - 9:00 PM

TUESDAY

OPEN

**GYM BASICS**

Corrective Exercises

5:15 - 6:00 PM

OPEN

**MARTIAL ARTS**

6:45 - 7:45 PM

**EVOLVE ALL F.I.T.**

Fundamental Impact Training

7:45 - 8:45 PM

WEDNESDAY

OPEN

OPEN

OPEN

**SPARRING**

6:45 - 7:30 PM

**ZUMBA**

Latin inspired dance fitness

7:30 - 8:15 PM

**YOGA**

Strength, balance and flexibility

8:15 - 9:00 PM

THURSDAY

OPEN

**GYM BASICS**

Corrective Exercises

5:15 - 6:00 PM

OPEN

**MARTIAL ARTS**

6:45 - 7:45 PM

**EVOLVE ALL F.I.T.**

Fundamental Impact Training

7:45 - 8:45 PM

**CARDIO SWEAT**

Cardio kickboxing

8:45 - 9:30PM

FRIDAY

OPEN

OPEN

**Hours:**

Monday - 12:00pm - 9:00pm

Tuesday - 2:00pm - 9:00pm

Wednesday - 12:00pm - 9:00pm

Thursday: 2:00pm - 9:00pm

Friday: 12:00pm - 7:30pm

Saturday: 8:30am - 2:30pm

Sunday: Closed

SATURDAY

**YOGA**

Strength, balance and flexibility

8:45 - 9:45 AM

**ZUMBA**

Latin inspired dance fitness

10:00 - 10:45 AM

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