

# ADULT CLASS SCHEDULE

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY | SATURDAY   |
|--|---|--|---|--------|--|
| <b>CARDIO SWEAT</b><br>Cardio kickboxing<br>12:30 - 1:15 PM                  | OPEN  | OPEN   | OPEN  | OPEN   | <b>YOGA</b><br>Adults<br>Strength, balance and flexibility<br>8:15 - 9:00 PM |
| OPEN   | <b>TRAINING PRINCIPLES</b><br>Corrective Exercises<br>5:15 - 6:00 PM      | OPEN   | <b>TRAINING PRINCIPLES</b><br>Corrective Exercises<br>5:15 - 6:00 PM      |        | <b>ZUMBA</b><br>Latin inspired dance fitness<br>10:00 - 10:50 AM             |
| <b>SPARRING</b><br>Adults<br>6:45 - 7:30 PM                                  | <b>MARTIAL ARTS</b><br>Adults<br>6:45 - 7:45 PM                           | <b>SPARRING</b><br>Adults<br>6:45 - 7:30 PM                                  | <b>MARTIAL ARTS</b><br>Adults<br>6:45 - 7:45 PM                           |        |  |
| <b>ZUMBA</b><br>Latin inspired dance fitness<br>7:30 - 8:15 PM               | <b>EVOLVE ALL F.I.T.</b><br>Fundamental Impact Training<br>7:45 - 8:45 PM | <b>ZUMBA</b><br>Latin inspired dance fitness<br>7:30 - 8:15 PM               | <b>EVOLVE ALL F.I.T.</b><br>Fundamental Impact Training<br>7:45 - 8:45 PM |        |  |
| <b>YOGA</b><br>Adults<br>Strength, balance and flexibility<br>8:15 - 9:00 PM | OPEN  | <b>YOGA</b><br>Adults<br>Strength, balance and flexibility<br>8:15 - 9:00 PM | <b>CARDIO SWEAT</b><br>Adults<br>Cardio kickboxing<br>8:45 - 9:30PM       |        |  |

**Hours:**  
 Monday - Thursday: 12:00pm - 9:00pm  
 Friday: 12:00pm - 7:30pm  
 Saturday: 8:30am - 2:30pm  
 Sunday: Closed

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