

# WEEKLY GROUP CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions
9:00 am						Strength&Balance
10:00 am	FullBodyTone I 10am - 10:50am (February)	gTonnicks-FullBodyTone II 9:30am - 10:20am	FullBodyTone I 9am - 9:50am (Spring '26)	FullBodyTone II 9:30am - 10:20am		gBoxer'sWorkout 9:30 am - 10:20 am
11:00 am	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions
12:00 pm						Private Training Sessions
1:00 pm						Youth Martial Arts
2:00 pm		Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Free Presentation* 12pm - 12:30pm
3:00 pm						Free Presentation* 12:45pm - 1:15pm
4:00 pm		Youth Martial Arts				Free Presentation* 1:30pm - 2:00pm
5:00 pm				Youth Martial Arts		
6:00 pm	gKickBox 6pm - 6:50pm	gTonnicks-FullBodyTone II 6pm - 6:50pm (Spring '26)	BoogieG 6pm - 6:45pm (Spring '26)	FullBodyTone II 6pm - 6:50pm		
7:00 pm						

\*by appointment only