

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7:00am Boot Camp (Brandon) All Levels</p> 	<p>7:00am Knuckle Check Boxing Club (West Miles) All Levels</p>		<p>7:00am Boot Camp (Brandon) All Levels</p>	<p>7:00am Intro to Kettle bell Training (KFLEX) (West Miles) Intermediate Level</p> 	<p>10:00am Music Together</p>	<p>2:30pm Kuntaw Art of Self Defense All Levels</p>
<p>7:00pm Zumba (Irena) All Levels</p> 	<p>5:30pm Zumba (Sara) All Levels</p> 	<p>5:30pm Namaste Flow Yoga (Orion) All Levels</p>	<p>5:00pm Zumba (Irena) All Levels</p> 	<p>7:00pm Knuckle Check Boxing Club (West Miles) All Levels</p>	<p>12:30pm Sweat Shop (Steve Sweat) All Levels</p>	<p><u>Club Hours</u> <u>24 Hours</u></p>
	<p>7:00pm Sweat Shop (Steve Sweat) All Levels</p>		<p>6:00pm Kick Boxing (Joel) All Levels</p>	<p><i>Please note that all Classes & Instructors are subject to change. Minimum of 3 people required in each class</i></p>	<p>1:30pm Zumba (Sara) All Levels</p> 	<p>Sunday Open - 6:00am</p>
	<p>8:30pm Hybrid Boot Camp (Carlos) Intermediate Level</p>		<p>7:00pm Sweat Shop (Steve Sweat) All Levels</p>		<p>2:30pm Namaste Flow Yoga (Orion) All Levels</p> 	<p>Friday – Close at Midnight</p>
						<p>Saturday 6:00am – 10:00pm (Sun – Sat 24 hours)</p>