



Class Schedule

Updated December 9, 2011

Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 a.m.	ZUMBA Instructor: Adrienne	Kickboxing 4 Health Instructor: Steve	Cardio & Strength Instructor: Charles	Body Blast Instructor: Susan	ZUMBA Instructor: Adrienne	Kickboxing 4 Health Instructor: Steve
10:00 a.m.	Sports Conditioning Instructor: Bill 10:15a.m.				Cardio & Strength Instructor: Charles 10:15a.m.	KO Fitness Instructor: Bill Kardio Krav (\$) Instructor: BuTony Spinning 10:30a.m. Instructor: Andrea
11:00 a.m.						Muay Thai(\$) Instructor: Bill Intermediate/ Advanced Karate Instructor: Willie
5:30 p.m.	Boxing for Kids (ages 8-14) Instructor: Omar	Boxing for Kids (ages 8-14) Instructor: Brady	Boxing for Kids (ages 8-14) Instructor: Omar Kickboxing 4 Health Instructor: Steve	Boxing for Kids (ages 8-14) Instructor: Brady ZUMBA Instructor: Adrienne	MMA Basics Instructor: Duke	
6:00 p.m.	Yoga Instructor: Andy		Yoga Instructor: Andy			
6:15 p.m.	Boxing for Fitness Instructor: Dwayne Extreme Bootcamp Instructor: Bill	Boxing for Fitness Instructor: Rodney Pilates Instructor: Candice	Boxing for Fitness Instructor: Dustin	Boxing for Fitness Instructor: Dwayne Pilates Instructor: Candice Extreme Bootcamp Instructor: Bill		
7:00 p.m.	Karate (Weapons) (\$) Instructor: Willie	Spinning Instructor: Andrea	Karate (\$) Instructor: Willie	Muay Thai (\$) Instructor: Willie Spinning Instructor: Andrea		
7:15 p.m.	Boxing 101 Instructor: Dwayne	Boxing 101 Instructor: Rodney Kardio Krav (\$) Instructor: BuTony	Boxing 101 Instructor: Dustin	Boxing 101 Instructor: Dwayne Kardio Krav (\$) Instructor: BuTony		
8:00 p.m.	Brazilian Jiu Jitsu (\$) No Gi Instructor: Duke Muay Thai(\$) Instructor:		Brazilian Jiu Jitsu (\$) Gi Instructor: Duke			

	Bill (8:15)					
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410-729-3900 www.club-one-fitness.com