



Aerobics and Boxing Class Schedule

Updated August 28, 2009

Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday or Sunday
9:30 a.m.	Sports Conditioning Instructor: Christen		Power Hour Instructor: Christen		Power Hour Instructor Karen	
10:00 a.m.						KO Fitness Instructor: Al
5:30 p.m.	Boxing for Kids (ages 8-14) Instructor: Steve	Boxing for Kids (ages 8-14) Instructor: Rodney	Boxing for Kids (ages 8-14) Instructor: Steve	Boxing for Kids (ages 8-14) Instructor: Dave		
6:00 p.m.	Body Blast Instructor: Karen	Power Hour Instructor: Brandy	Pilates Instructor: Christine	Power Hour Instructor: Christen		
6:15 p.m.	Boxing for Fitness Instructor: Steve	Boxing for Fitness Instructor: Rodney	Boxing for Fitness Instructor: Steve	Boxing for Fitness Instructor: Dave		
7:00 p.m.	Brazilian Jiu Jitsu Instructor: Noel		Brazilian Jiu Jitsu Instructor: Noel		Brazilian Jiu Jitsu Instructor: Noel	
7:15 p.m.	Boxing 101 Instructor: Steve	Boxing 101 Instructor: Rodney	Boxing 101 Instructor: Steve	Boxing 101 Instructor: Dave		



Hours of Operation:

Monday – Friday
5:30 a.m. – 10:00 p.m.

Saturday
8:00 a.m. – 6:00 p.m.

Sunday
8:00 a.m. – 3:00 p.m.

Daycare Hours:

Mornings
Monday, Wednesday, Friday, Saturday
9:00 a.m. – 11:00 a.m.

Evenings
Monday – Friday
5:00 p.m. – 8:00 p.m.



Thank You for Choosing Club One Fitness!

410-729-3900

www.club-one-fitness.com