



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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|---|--|---|--|--|--|--|
| <p>*KICKBOXING 6:00PM - 7:00PM SCERRI ZOO ROOM</p> | <p>SUB WRESTLING 6:00PM - 7:00PM AVTAR GYM FLOOR</p> | <p>*NO GI BJJ 6:00PM - 7:00PM IVAN STUDIO 1</p> | <p>SUB WRESTLING 6:00PM - 7:00PM AVTAR GYM FLOOR</p> | <p>*NO GI BJJ 6:00PM - 7:00PM IVAN/DAN STUDIO 1</p> | | |
| <p>BODYPUMP 6:30PM - 7:30PM MICHAEL STUDIO 2</p> | <p>HOT ABS 6:00PM - 6:30PM TIM BLUE ROOM</p> | <p>HOT YOGA- YIN 6:30PM - 7:30PM KRISTY BLUE ROOM</p> | <p>BODYPUMP 6:30PM - 7:30PM AMELIA STUDIO 2</p> | | | |
| <p>ZOO STRENGTH 6:30PM - 7:30PM TIM GYM FLOOR</p> | <p>HOT YOGA - POWER VINYASA 6:30PM - 7:30PM BECKI BLUE ROOM</p> | <p>*BJJ (ALL LEVELS) 7:00PM - 8:00PM IVAN/DAN STUDIO 1</p> | <p>*JUDO 7:00PM - 8:00PM KYLIE STUDIO 1</p> | | | |
| <p>*BJJ ALL LEVELS 7:00PM - 8:00PM IVAN/DAN STUDIO 1</p> | <p>PILATES 6:30PM - 7:30PM SONIA STUDIO 2</p> | | <p>HOT YOGA - POWER VINYASA 7:30PM - 8:30PM BECKI BLUE ROOM</p> | | | |
| <p>HOT YOGA - YANG 7:30PM - 8:30PM CINTHYA BLUE ROOM</p> | <p>*JUDO 7:00PM - 8:00PM KYLIE STUDIO 1</p> | | | | | |
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