

# A-1 Fitness Center Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kickboxing 9:30-10:30am			Kickboxing 9:30-10:30am		Little Dragons Age 3-6 9:00-9:45am	Kickboxing 9:30-10:30am
					Kids Martial Arts Age 6-12 10-11am	Zumba 10:30-11:30am
					Women's Self Defense 11am-12pm	Family Martial Arts 10:30-11:15am
					Family Martial Arts 11-11:45am	Family Style Zumba 11:30-12:00pm
					Adult Mixed Martial Arts 12-1:00pm	Yoga 12-1:00pm
					Zumba 12:00-1:00pm	
Family Style Zumba 4:15-5pm	Kids Martial Arts Age 6-12 4:15-5:00pm	Kids Martial Arts Age 6-12 4-4:45pm	Kids Martial Arts Age 6-12 4:15-5:50pm	Family Style Zumba 4:15-5pm		
Kids Martial Arts Age 6-12 5:05-5:50pm	Little Dragons Age 3-6 5-5:45pm	Little Dragons Age 3-6 4:45-5:30pm	Little Dragons Age 3-6 5:05-5:50pm	Kids Martial Arts Age 6-12 5:10-6pm		
Kickboxing 6-7pm	Kickboxing 6:45-7:45pm	Kickboxing 6:45-7:45pm	Kickboxing 6-7pm			
Zumba 7-8pm	Zumba 7:45-8:45pm	Zumba 7:45-8:45pm	Zumba 7-8pm	Kickboxing 6:45-7:45pm		
Adult Mixed Martial Arts 8-9pm	Adult Mixed Martial Arts 7:45-9:00pm	Adult Mixed Martial Arts 7:45-9:00pm	Adult Mixed Martial Arts 8-9pm	Adult Mixed Martial Arts 7:45-9:00pm		
Women's Self Defense 8-9pm	Women's Self Defense 7:45-8:45pm	Women's Self Defense 7:45-8:45pm	Women's Self Defense 8-9pm	Women's Self Defense 7:45-8:45pm		

For up-to-the-minute scheduling, visit [www.a1fitnesscenter.com/schedule](http://www.a1fitnesscenter.com/schedule)  
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