

January 2018 Studio Schedule

Jan-18	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						Closed	Closed
6:00-7:00a					Bootcamp		
7:00-8:00a							
8:00-9:00a							
9:00-10:00a							
10:00-11:00a							
11:00a-12:00p							
12:00-1:00p						Cycling	
1:00-2:00p	KLA Gym Class 1:10-3:40pm				KLA Gym Class 1:10-2:10pm	Intro to Foam Rolling	Judo
2:00-3:00p							
3:00-3:30p						Women's Self Defense/ Empowerment	
3:30-4:00p							
4:00-4:30p						Open Mat JUDO	
4:30-5:00p	Ballet 4:45-6:45pm	Jazz 4:45-6:45pm	Tap Dance 4:45-6:45pm				
5:00-5:30p							
5:30-6:00p							
6:00-6:30p							
6:30-7:00p							
7:00-7:30p		Vinyasa Yoga 6:55-7:55pm	Boot Camp		Anti-Gravity		
7:30-8:00p							
8:00-8:30p		Boxing 8:00-8:50pm		Boxing 8:00-8:50pm			
8:30-9:00p							

Classes Begin the week of January 8th

Schedule subject to change without notice