

JANUARY ATHLETIC TRAINING ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30am - 9:25am BAC Training Patrick	9:30am - 11:00am Kickboxing Raellvne	8:30am - 9:25am BAC Training Patrick	9:15am - 10:30am TRX H.I.I.T Michele	10:00am - 10:55am Women's Strength Helena	
	9:30am - 10:20am TRX Circuit Diane		9:30am - 10:20am TRX Circuit Diane			
	11:00am - 11:55am Women's Strength Helena		4:00pm - 4:45pm Kids Tumbling (4+) Raellvne			
			5:15pm - 6:00pm Kids Kickboxing (5+) Raellvne			
	6:00pm - 6:45pm TRX Patrick					
			6:15pm - 7:15pm Kickboxing Raellvne			
	6:30pm - 7:25pm BAC Training Karlev		6:30pm - 7:25pm BAC Training Karlev			

