

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					7:30-8:30 <b>ZUMBA</b>
10:00-11:00 TAEKWONDO AGES 3-12 - ZUMBA	10:00-11:00 TAEKWONDO AGES 3-12	10:00-11:00 TAEKWONDO AGES 3-12 - ZUMBA	10:00-11:00 TAEKWONDO AGES 3-12	10:00-11:00 TAEKWONDO AGES 3-12 - ZUMBA	10:00-11:00 TAEKWONDO ALL AGES
11:00-12:00 <b>CROSSFIT</b>	11:00-12:00 <b>CROSSFIT</b>	11:00-12:00 <b>CROSSFIT</b>	11:00-12:00 <b>CROSSFIT</b>	11:00-12:00 <b>CROSSFIT</b>	11:00-12:00 Bullying Prevention - <b>CROSSFIT</b>
	12:00-1:00 ZUMBA		12:00-1:00 ZUMBA		12:00-2:00 Velocity Competition Team Training
					2:00-3:00 <b>CROSSFIT</b>
					3:00-4:00 Velocity Demo Team
4:00-5:00 TAEKWONDO AGES 3-12	4:00-5:00 TAEKWONDO AGES 3-12	4:00-5:00 TAEKWONDO AGES 3-12	4:00-5:00 TAEKWONDO AGES 3-12	4:00-5:00 TAEKWONDO AGES 3-12	
5:00-6:00 TAEKWONDO AGES 3-12 - <b>CROSSFIT</b>	5:00-6:00 TAEKWONDO AGES 3-12 - ZUMBA	5:00-6:00 TAEKWONDO AGES 3-12 - <b>CROSSFIT</b>	5:00-6:00 TAEKWONDO AGES 3-12 - ZUMBA	5:00-6:00 TAEKWONDO AGES 3-12 - <b>CROSSFIT</b>	
6:00-8:00 Velocity Competition Team Training - 7:00-8:00 <b>CROSSFIT</b>	6:00-7:00 TAEKWONDO AGES 12+ - <b>CROSSFIT</b> 7:00-8:00 <b>CROSSFIT</b>	6:00-8:00 Velocity Competition Team Training - 7:00-8:00 <b>CROSSFIT</b>	6:00-7:00 TAEKWONDO AGES 12+ - <b>CROSSFIT</b> 7:00-8:00 <b>CROSSFIT</b>	6:00-8:00 Velocity Competition Team Training - 7:00-8:00 <b>CROSSFIT</b>	
8:00-9:00 ZUMBA		8:00-9:00 ZUMBA		8:00-9:00 ZUMBA	
9:00-10:00 <b>CROSSFIT</b>	9:00-10:00 <b>CROSSFIT</b>	9:00-10:00 <b>CROSSFIT</b>	9:00-10:00 <b>CROSSFIT</b>	9:00-10:00 <b>CROSSFIT</b>	

