

**KARATE – Classes for all ages and ranks**

**POWER YOGA, CARDIO MIX**

**KIDS BOOT CAMP -- Strengthening-Toning-Conditioning for ages 8-14**

**SAC TRAINING – Strength, Agility and Conditioning Training**

**BOOT CAMP – Strengthening-Toning-Conditioning for women**

**KICKBOXING – Kickboxing training for both Men and Women**



**MONTH of OCTOBER**

Sum	Monday	Tuesday	Wed	Thursday	Fri	Saturday
2 5p-5:45p Kids Boot Camp 6:00-7:00p – Boot Camp	3 5:30-6:30a – Men's SAC 6:00-7:00a - SAC 5:45-6:30p – Power Yoga 6:30-7:30p – Kickboxing	4 7:00-8:00p- Cardio Mix	5 5:30-6:30a-- Men's SAC 6:30-7:30a – SAC All ages 6:30-7:30p – Boot Camp	6 5:30-6:15p - Karate Kids 6:15-7:15p - Karate Adv/Adi 7:15-8:00p - Kickboxing	7 5:30-6:30a – Men's SAC 6:00-7:00a – SAC	8
9 5p-5:45p Kids Boot Camp 6:00-7:00p – Boot Camp	10 5:30-6:30a – Men's SAC 6:00-7:00a - SAC 5:45-6:30p – Power Yoga 6:30-7:30p – Kickboxing	11 6:00-7:00p- Karate Open Workout w/Mr. Dolin 7:00-8:00p- Cardio Mix	12 5:30-6:30a-- Men's SAC 6:30-7:30a – SAC All ages 6:30-7:30p – Boot Camp	13 NO KARATE CLASSES 5:30pm Karate Promotions	14 5:30-6:30a – Men's SAC 6:00-7:00a – SAC	15
16 NO CLASSES	17 5:45-6:30p – Power Yoga 6:30-7:30p – Kickboxing	18 7:00-8:00p- Cardio Mix	19 NO CLASSES FALL BREAK	20 NO CLASSES FALL BREAK	21 NO CLASSES FALL BREAK	22 "HOW TO MANAGE HOLIDAY STRESS" Workshop 10am-11am
23 5p-5:45p Kids Boot Camp 6:00-7:00p – Boot Camp	24 5:30-6:30a – Men's SAC 6:00-7:00a - SAC 5:45-6:30p – Power Yoga 6:30-7:30p – Kickboxing	25 6:00-7:00p- Karate Open Workout w/Mr. Dolin 7:00-8:00p- Cardio Mix	26 5:30-6:30a-- Men's SAC 6:30-7:30a – SAC All ages 6:30-7:30p – Boot Camp	27 5:30-6:15p - Karate Kids 6:15-7:15p - Karate Adv/Adi 7:15-8:00p - Kickboxing	28 5:30-6:30a – Men's SAC 6:00-7:00a – SAC	29 9am-9:45 Kids Boot Camp 10am – Boot Camp
30 NO CLASSES	31 5:30-6:30a – Men's SAC 6:00-7:00a - SAC Come TRICK or TREAT at the gym! 5-8pm	Nov. 1 7:00-8:00p- Cardio Mix	2 5:30-6:30a-- Men's SAC 6:30-7:30a – SAC All ages 6:30-7:30p – Boot Camp	3 5:30-6:15p - Karate Kids 6:15-7:15p - Karate Adv/Adi 7:15-8:00p - Kickboxing	4 5:30-6:30a – Men's SAC 6:00-7:00a – SAC	5