

WEEKLY SCHEDULE



Regular



Kettlebell Training

MORNING and NOON SESSIONS (5:30 AM - 2 PM)					
MON	TUE	WED	THU	FRI	SAT
Alex 5:30 - 6:30a		Alex 5:30 - 6:30a		Alex 5:30 - 6:30a	
					Claudia 9- 10a
Rick Noon - 1p		Rick Noon - 1p		Rick Noon - 1p	Mike 9a- 10a
Mike Noon - 1p	Mike Noon - 1p		Mike Noon - 1p		
EVENING SESSIONS (2 PM - 9 PM)					
MON	TUE	WED	THU	FRI	SAT
Rick 5 - 6p	Tony 5 - 6p	Rick 5 - 6p	Tony 5 - 6p		
Claudia 5 - 6p					
		Claudia 5 - 6p			
	Tony 6 - 7p		Tony 6 - 7p		



You must register prior to attending class. Contact Tony Maloney to get started!