



# 2018 Program Schedule

|                              | Monday  | Tuesday                                | Wednesday                                       | Thursday  | Friday      | Saturday | Sunday |
|------------------------------|---|--|---|---|-------------|----------|--------|
| <b>FITNESS</b>               | 5:30-6:30am                                     |  | 5:30-6:30am                                     |   | 5:30-6:30am |          |        |
| <b>BRAZILIAN JIU JITSU</b>   | Noon-1pm  | Noon-1pm                               | Noon-1pm  | Noon-1pm  |             |          |        |
| <b>YOUTH TAE KWON DO*</b>    |   |  | 5-6pm   |   | 5-6pm       |          |        |
| <b>YOUTH WRESTLING CLUB*</b> | 5:30-6:30pm<br>Beginner<br>6:30-8pm<br>Advanced |  | 5:30-6:30pm<br>Beginner<br>6:30-8pm<br>Advanced | 5:30-6:30pm<br>Beginner<br>6:30-8pm<br>Advanced |             |          |        |
| <b>BRAZILIAN JIU JITSU</b>   | 7-8pm<br>Beginner<br>8-9pm<br>Advanced          | 7-8pm<br>Beginner<br>8-9pm<br>Advanced | 7-8pm<br>Beginner<br>8-9pm<br>Advanced          | 7-8pm<br>Beginner<br>8-9pm<br>Advanced          |             |          |        |
| <b>KICKBOXING</b>            | 8-9pm   | 8-9pm                                  | 8-9pm   | 8-9pm   |             |          |        |
| <b>YOGA</b>                  |   |  |   |   |             | 9am      |        |
| <b>OPEN GYM</b>              |   |  |   |   |             | Noon-5pm |        |

## Hard Drive Performance Center

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<http://www.harddriveperformancecenter.com/>

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