

# CLASS SCHEDULE



[WWW.TIERONETRAINING.COM](http://WWW.TIERONETRAINING.COM)

(847) 905-0448

Effective September 18, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30	Free to Move		Circular Strength Training			Tactical Fitness	Heavy Bag Conditioning (9:30-10:15)
10:30 - 11:30	Boxing	Krav Maga All Levels	Boxing	Krav Maga L1	Krav Maga All Levels	Boxing	Krav Maga All Levels
11:30 - 12:30	Reserved for Private Training	Reserved for Private Training	Reserved for Private Training	Reserved for Private Training	Reserved for Private Training	Krav Maga L1	Reserved for Private Training & Workshops
12:30-1:30						Krav Maga L2/L3	
1:30-5:00							
5:00-5:45						Heavy Bag Conditioning	
5:45-6:45	Free to Move	Circular Strength Training	Krav Maga L2	Krav Maga L1	Reserved for Private Training & Workshops		
6:45-7:45	Boxing	Krav Maga L1	Boxing	Tactical Fitness			
7:45-8:45	Krav Maga L1	Krav Maga L2/L3	Krav Maga L1	Krav Maga L3/L4			

Miss a week? Need more personalized training? Private lessons are a great way to cover what you missed and to sharpen your technique! Private training is available for all classes. See the front desk for details.