



123 MAIN STREET
HACKENSACK NJ 07601
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(201) 221-6546

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LITTLE CHAMPS	5 – 5:30 PM	6 – 6:30 PM	5 – 5:30 PM	6 – 6:30PM	5 – 5:30 PM	10 – 10:30 AM
JUNIORS 1	5:30 – 6:15 PM	6:30 – 7:15 PM	5:30 – 6:15 PM	6:30 – 7:15 PM	5:30 – 6:15 PM	10:30 – 11:15 AM
JUNIORS 2	6:15 – 7 PM	7:15 – 8 PM	6:15 – 7 PM	7:15 – 8 PM	6:15 – 7 PM	10:30 – 11:15 AM
TEENS & ADULTS	7 – 8 PM		7 – 8 PM		TEAM TRAINING 7 – 8 PM	V.I.P.CLASS 11:30 – 1 PM
FITNESS CHALLENGE	8 – 9 PM		8 – 9 PM			9 – 10 AM

Lil' Champs: 4 - 6 years old * Juniors 1: 7 - 9 years old * Juniors 2: 10 – 12 years old

Arrive 10 minutes early to class.
Come prepared for all classes.
Bring all equipment to every class.

