

CLASS SCHEDULE AUGUST 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM MAIN GYM	C-S-C <i>Coach Lorrie</i>			Stretch & Range of Motion <i>Coach Lorrie</i>	
8:00 AM BOXING ROOM		BeneBoxing <i>Coach Lorrie</i>	Rock Steady <i>Coach Lorrie</i>		Rock Steady <i>Coach Lorrie</i>
9:00 AM MAIN GYM	Injury & Fall Prevention <i>Coach Lorrie</i>		Stretch & Range of Motion <i>Coach Lorrie</i>		
9:00 AM BOXING ROOM		Rock Steady <i>Coach Lorrie</i>		Rock Steady <i>Coach Lorrie</i>	BeneBoxing <i>Coach Lorrie</i>
10:00 AM MAIN GYM		Injury & Fall Prevention <i>Coach Alex</i>	C-S-C <i>Coach Alex</i>	Injury & Fall Prevention <i>Coach Lorrie</i>	
10:00 AM BOXING ROOM	BeneBoxing <i>Coach Alex</i>				BeneBoxing <i>Coach Lorrie</i>
11:00 AM MAIN GYM	Stretch & Range of Motion <i>Coach Lorrie</i>	C-S-C <i>Coach Alex</i>			Stretch & Range of Motion <i>Coach Lorrie</i>
11:00 AM BOXING ROOM	Rock Steady <i>Coach Alex</i>		Rock Steady <i>Coach Alex</i>	BeneBoxing <i>Coach Lorrie</i>	