



MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM		CYCLE CHAD	BOX/STRENGTH CHAD	CYCLE ERIN	STRENGTH CAMP BROOKE	*FLOATFIT HIIT* KIM	
8:15AM		AQUA POWER KIM		AQUA ZUMBA® KIM		AQUA TABATA MEGAN	AQUA ZUMBA® ANGIE
8:30AM		CARDIO STRENGTH INTERVALS CSI MEGAN	CYCLE MEGAN GENTLE STRETCH KORY	CORE FITNESS MEGAN	ZUMBA GOLD® KIM	CYCLE FUSION CRYSTAL	CYCLE (8:00AM) ROTATING
							ZUMBA® TEHANI
9:00AM	STRONG® TEHANI	YOGA FLOW PEGGY (9:15am)	AQUA YOGA MELANIE		AQUA YOGA MELANIE		FITNESS BOXING ROTATING
9:30AM		PILOXING & STRENGTH ELLEN	BEYOND BARRE SHELLE	TABATA GX ELLEN	YOGA FLOW SHELLE	CIRCUIT TRAINING BARB	YOGA ROTATING
			INNOVATIVE CHAIR KIM		INNOVATIVE CHAIR POUND KIM	POUND™ KIM (downstairs)	STRENGTH CAMP JACOB (9:45AM)
10:00AM		*MMA/KICKBOX* GRAPPLING		*MMA/KICKBOX* GRAPPLING		*MMA/KICKBOX* GRAPPLING	
10:30AM	GENTLE YOGA MIKITA	FUNCTIONAL FITNESS PEGGY		FUNCTIONAL FITNESS PEGGY		FUNCTIONAL FITNESS KIM	
				*FLOATFIT* HIIT KIM			
12:00PM		CYCLE KORY	FITNESS BOXING DAVID	BOOT CAMP JACOB	DEEP STRETCH KORY		
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30PM		FITNESS BOXING CARLOS	BOX/STRENGTH JAY	FITNESS BOXING CARLOS	BALANCE,CORE BARB	*FLOATFIT YOGA* SHELLE	
		ZUMBA® VICI	TABATA FUSION SHELLE	BOX & BARRE SHELLE	TABATA FUSION MEGAN		
		*FLOATFIT HIIT* JOEL	ENERGIZING YOGA BOBBY				
6:00PM			WILL TO DO IT CHRISTY		WILL TO DO IT CHRISTY		
6:00PM			*KIDS MMA* BJJ,AJJ		*KIDS MMA* BJJ,AJJ		
6:30PM		YOGA FLOW LAURA		YOGA FLOW LAURA			
		*GI* BJJ, AJJ					
7:00PM			*ADULTS SELF DEFENSE* KENPO/BJJ/AJJ		*ADULTS SELF DEFENSE* KENPO/BJJ/AJJ		
7:30PM		*STAND UP MMA/BOX*		*STAND UP MMA/BOX*			
8:00PM			*ADULTS MMA/NO GI*		*ADULTS MMA/NO GI*		

**\*THERE IS AN ADDITIONAL FEE FOR THESE CLASSES \***

INTERESTED IN OUR FLOATFIT CLASSES? CONTACT: [maryb@68insidesports.com](mailto:maryb@68insidesports.com) OR CALL 913-888-9247

INTERESTED IN OUR MMA CLASSES? CONTACT STEVE: [crawfordsmma@gmail.com](mailto:crawfordsmma@gmail.com)