



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00- 8:30 AM	<p align="center"><b>EMS TRAINING (BY APPT ONLY)</b></p> <p align="center"><b>(754) 248-5986</b></p> <p align="center"><b>PERSONAL TRAINING (BY APPT ONLY)</b></p> <p align="center"><b>PRIVATE JUDO CLASS (BY APPT ONLY)</b></p>					
8:30- 9:00 AM						
9:00- 9:30AM						
9:30- 10:00 AM						
10:00- 10:30 AM						
10:30- 11:00 AM						
11:00- 11:30 AM						
11:30- 12:00 PM						
12:00- 12:30 PM						
12:30- 1:00 PM						
1:00- 1:30 PM						
1:30- 2:00 PM						
2:00- 2:30 PM						
2:30- 3:00 PM						
3:00- 3:30 PM						
3:30- 4:00 PM						
4:00- 4:30 PM						
4:30- 5:00 PM						
5:00- 5:30 PM						
5:30- 6:00 PM	<b>JUDO KIDS</b>		<b>JUDO KIDS</b>		<b>JUDO KIDS</b>	
6:00-6:30 PM						
6:30- 7:00 PM	<b>JUDO ADULTS</b>	<b>CONDITIONING TRAINING</b>	<b>JUDO ADULTS</b>	<b>CONDITIONING TRAINING</b>	<b>JUDO ADULTS</b>	
7:00- 7:30 PM						
7:30- 8:00 PM						
8:00- 8:30 PM						
8:30- 9:00 PM						