



EFFECTIVE THURSDAY - JANUARY 2, 2014  
 CLASSES AND OPEN GYM SESSIONS ARE SUBJECT TO CHANGE AND CANCELLATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
10 AM	INTERMEDIATE CMA (GREEN & ABOVE) 10:00-11:00 AM	AVAILABLE FOR PRIVATE RENTALS	INTERMEDIATE CMA (GREEN & ABOVE) 10:00-11:00 AM	AVAILABLE FOR PRIVATE RENTALS	INTERMEDIATE CMA (GREEN & ABOVE) 10:00-11:00 AM	ADULT PARKOUR & CHI KUNG 10:00 AM - 11:00 AM	AVAILABLE FOR BIRTHDAY PARTIES OR PRIVATE RENTALS		
11 AM	BEGINNER CMA (WHITE & YELLOW) 11:00 AM - 12:00 PM		BEGINNER CMA (WHITE & YELLOW) 11:00 AM - 12:00 PM		BEGINNER CMA (WHITE & YELLOW) 11:00 AM - 12:00 PM	KIDS JAM (Ages 5+) 11:00 AM - 12:00 PM  TAI CHI 11:00 AM - 12:00 PM			
12 PM	OPEN GYM 12:00-2:30 PM		OPEN GYM 12:00-2:30 PM		OPEN GYM 12:00-2:30 PM	OPEN GYM 12:00-2:30 PM	KIDS PARKOUR 12:00 - 1:00 PM	KIDS OPEN GYM (Ages 5-12) 12:30 - 2:30 PM	
1 PM							BEGINNER CMA (WHITE & YELLOW) 1:00 - 2:00 PM		
2 PM							INT. & ADVANCED CMA (GREEN & ABOVE) 2:00-3:00 PM		
3 PM	AVAILABLE FOR PRIVATE RENTALS		KIDS TUMBLING 5:30-6:30 PM  KIDS KUNG FU 5:30-6:30 PM		AVAILABLE FOR PRIVATE RENTALS	KIDS TUMBLING 5:30-6:30 PM  KIDS KUNG FU 5:30-6:30 PM	AVAILABLE FOR PRIVATE RENTALS	OPEN GYM 3:00 - 6:00 PM	OPEN GYM 3:00 - 6:00 PM
4 PM	KIDS JAM (Ages 5+) 4:30-5:30 PM				KIDS JAM (Ages 5+) 4:30-5:30 PM		KIDS JAM (Ages 5+) 4:30-5:30 PM		
5 PM	KIDS PARKOUR 5:30-6:30 PM	KIDS CMA (ALL LEVELS) 6:30-7:30 PM  BEGINNER & INT. KUNG FU 6:30-7:30 PM		KIDS CMA (ALL LEVELS) 6:30-7:30 PM  BEGINNER & INT. KUNG FU 6:30-7:30 PM	KIDS CMA (ALL LEVELS) 6:30-7:30 PM  BEGINNER & INT. KUNG FU 6:30-7:30 PM				
6 PM	KIDS CMA (ALL LEVELS) 6:30-7:30 PM  BEGINNER & INT. KUNG FU 6:30-7:30 PM	ADULT TUMBLING 6:30-7:30 PM  TAI CHI & CHI KUNG 6:30-7:30 PM	ADULT TUMBLING 6:30-7:30 PM  TAI CHI & CHI KUNG 6:30-7:30 PM	ADULT TUMBLING 6:30-7:30 PM  TAI CHI & CHI KUNG 6:30-7:30 PM	KIDS CMA (ALL LEVELS) 6:30-7:30 PM  BEGINNER & INT. KUNG FU 6:30-7:30 PM				
7 PM	BEGINNER & INTER. CMA (WHITE-BLUE) 7:30-8:30 PM  ADVANCED KUNG FU 7:30-8:30 PM	ADULT PARKOUR 7:30-8:30 PM  HIP HOP DANCE 7:30-8:30 PM	INT. & ADVANCED CMA (GREEN & ABOVE) 7:30-8:30 PM  ADVANCED KUNG FU 7:30-8:30 PM	ADULT PARKOUR 7:30-8:30 PM  HIP HOP DANCE 7:30-8:30 PM	BEGINNER & INTER. CMA (WHITE-BLUE) 7:30-8:30 PM  ADVANCED KUNG FU 7:30-8:30 PM				
8 PM	OPEN GYM 8:30 - 11:00 PM	OPEN GYM 8:30 - 11:00 PM	OPEN GYM 8:30 - 11:00 PM	OPEN GYM 8:30 - 11:00 PM	OPEN GYM 8:30 - 11:00 PM	AVAILABLE FOR BIRTHDAY PARTIES OR PRIVATE RENTALS	AVAILABLE FOR BIRTHDAY PARTIES OR PRIVATE RENTALS		
9 PM									
10 PM									
11 PM									