



2020 FALL

Schedule

Call or text: (480) 442-3161



[CLICK THE SCHEDULE TO PRINT IT](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am			YOGA			YOGA
10:00 am						OPEN MAT
11:00 am						KICKBOXING
Noon						
1:00 pm						
2:00 pm						
3:00 pm						
4:00 pm						
5:00 pm	MAT MONKEYS	MAT MONKEYS	MAT MONKEYS	MAT MONKEYS		
6:00 pm	KICK BOXING	SELF DEFENSE	KICK BOXING	SELF DEFENSE		
7:00 pm						
8:00 pm						
9:00 pm						