

EGAN'S TRAINING CENTER

CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
JIU JITSU <i>Victor</i> 11:30am-1:00pm	KICKBOXING <i>Victor</i> 11:30am-12:30pm	JIU JITSU (No Gi) <i>Victor</i> 11:30am-1:00pm	OPEN MAT 11:30am-12:30pm	ZUMBA GOLD <i>Yumi</i> 10:45am-11:30am <i>*extra fee applies</i>	BEACH BOOTCAMP <i>Egan</i> 8:00am	
ZUMBA GOLD <i>Yumi</i> 1:30pm-2:15pm <i>*extra fee applies</i>				OPEN MAT 11:30am-12:30pm	JIU JITSU <i>Owen/Gary</i> 9:00-10:15am	CARDIO PT <i>Gilbert</i> 10:00-11:00am
KEIKI JIU JITSU <i>Sean / Ivan</i> 4:30-5:15pm	KEIKI JIU JITSU <i>Shaw</i> 4:30-5:15pm		KEIKI BOXING <i>Shaw</i> 4:30-5:15pm	KEIKI JIU JITSU <i>Sean</i> 4:30-5:15pm		
KICKBOXING <i>Lordy</i> 5:30-6:15pm	BOOTCAMP <i>Corrie</i> 5:30-6:25pm	MMA BOOTCAMP <i>Egan</i> 6:00-7:00pm	BOOTCAMP <i>Erin</i> 5:30-6:25pm	KICKBOXING <i>Matt</i> 5:30-6:15pm		
JIU JITSU (Beginner) <i>T</i> 6:30-7:30pm	KICKBOXING <i>Matt</i> 6:30-7:15	JIU JITSU (Advanced) <i>Egan</i> 7:15-8:30pm	KICKBOXING <i>Matt</i> 6:30-7:15	JIU JITSU (Beginner) <i>Matt/Keone</i> 6:30-7:30pm		
JIU JITSU (Advanced) <i>T</i> 7:30-8:30pm	OPEN MAT 7:30pm		OPEN MAT 7:30pm	OPEN MAT 7:30pm		

CLASS DESCRIPTIONS

- **BOXING:** American boxing with conditioning
- **KICKBOXING:** Muay-Thai kickboxing with conditioning
- **BOOTCAMP:** Cardio, strength, conditioning, core, balance and agility exercises.
- **CARDIO P.T. :** The ultimate indoor / outdoor cardio conditioning class
 - **JIU JITSU (Beginner):** Brazilian Jiu Jitsu for white belts
 - **JIU JITSU (Advanced):** Brazilian Jiu Jitsu for blue belts and above
- **ZUMBA GOLD:** Dance, fitness class geared to beginners and ages 55+

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988-6200