Announcements/Events

December 2023 Kickboxing Classes We will be closed Dec $22^{\rm nd}$ to Jan $1^{\rm st}$ and will open the new studio Jan $2^{\rm nd}!$

C.O.R.E. Values Group Fitness Classes start Jan 2nd

MON	TUE	WED	тни	FRI	SAT	SUN
				1 6:00am 8:30am 12:15pm 5:30pm	2	3
4 6:00am 8:30am 12:15pm 5:00pm 6:00pm	5 6:00am 8:30am 12:15pm 5:00pm 6:00pm	6 6:00am 8:30am 12:15pm 5:00pm 6:00pm	7 6:00am 8:30am 12:15pm 5:00pm 6:00pm	8 6:00am 8:30am 12:15pm 5:30pm	9	10
11 6:00am 8:30am 12:15pm 5:00pm 6:00pm	12 6:00am 8:30am 12:15pm 5:00pm 6:00pm	13 6:00am 8:30am 12:15pm 5:00pm 6:00pm	14 6:00am 8:30am 12:15pm 5:00pm 6:00pm	15 6:00am 8:30am 12:15pm 5:30pm	16	17
18 6:00am 8:30am 12:15pm 5:00pm 6:00pm	19 6:00am 8:30am 12:15pm 5:00pm 6:00pm	20 6:00am 8:30am 12:15pm 5:00pm 6:00pm	21 6:00am 8:30am 12:15pm 5:00pm 6:00pm	Closed for the Holiday Merry Christmas!	23	24
25 Closed for the Holiday Merry Christmas!	26 Closed for the Holiday Merry Christmas!	27 No Classes Moving into new studio!	28 No Classes Moving into new studio!	No Classes Moving into new studio!	30	31