

Sacramento Schedule

Monday	5:45am	6:35am	7:20am	8:15am			5:30pm	6:20pm	7:10pm	
	adult	adult	adult	adult			adult	adult	adult	
Tuesday						4:30pm	5:30pm	6:20pm		
						teen	adult	skills/spar		
Wednesday	5:45am	6:35am	7:20am	8:15am			5:30pm	6:20pm	7:10pm	7:45pm
	adult	adult	<i>fundamentals</i>	adult			adult	adult	adult	<i>fundamentals</i>
Thursday						4:30pm	5:30pm	6:20pm	7:10pm	
						teens	adult	adult	adult	
Friday	5:45am	6:35am	7:20am	8:15am		4:30pm	5:30pm	6:20pm		
	adult	adult	adult	adult		teen	adult	<i>fundamentals</i>		

All Fundamentals lessons are 30 minutes

All training sessions are 45 minutes unless you have signed up for personal training

Schedule subject to change