**Class Line-Up**



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| **Monday** |
| **Time** | **Class Type** | **Instructor** |
| *9:30am - 10:15am* | *(new class coming soon)* |  |
| 6:30pm - 7:30pm  | Boxing Boot Camp | Paul Sandalo |
| 7:30pm – 8:30pm | Cardio Kickboxing (sign up required) | Dorothea Mackey |
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| **Tuesday** |
| **Time** | **Class Type** | **Instructor** |
| *12:00pm – 12:30pm* | *Lunch Rush Burn (coming soon)* |  |
| 4:30pm - 5:30pm  | Kids After School Program | Paul Sandalo |
| 6:00pm - 7:00pm  | Weight Training  | Paul Sandalo |
| 7:00pm – 8:00pm | Boxing Technique  | Kristian Brown  |
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| **Wednesday** |
| **Time** | **Class Type** | **Instructor** |
| *9:30am - 10:15am* | *(new class coming soon)* |  |
| 6:30pm - 7:30pm  | Boxing Boot Camp | Paul Sandalo |
| 7:30pm - 8:30pm | ZumbaBox (sign up required) | Dorothea Mackey |
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| **Thursday** |
| **Time** | **Class Type** | **Instructor** |
| 4:30pm - 5:30pm  | Kids After School Program | Paul Sandalo |
| 5:30pm - 6:30pm | Pound Fit (sign up required) | Dorothea Mackay |
| 6:30pm - 7:30pm | Boxing Boot Camp | Paul Sandalo |
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| **Friday** |
| **Time** | **Class Type** | **Instructor** |
| *12:00pm – 12:30pm* | *Lunch Rush Burn (coming soon)* |  |
|  |  |  |
| **Saturday** |
| **Time** | **Class Type** | **Instructor** |
| 10:00am - 11:00am | Boot Camp | Maury Pitman |
|  |  |  |
| **Sunday** |
| **Time** | **Class Type** | **Instructor** |
| 5:00am – 12:00am | Open Gym |  |