



Able Strength Fitness

Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	S&C MARK	CARDIO KICKBOXING MARK	S&C MARK	CARDIO BOXING IB	S&C MARK		
8:30AM						8:30AM S&C MARK	
9:30AM							9:30am S&C Renee
10:00AM	CARDIO KICKBOXING MARK	CARDIO BOXING MARK	S&C MARK	CARDIO KICKBOXING RENEE	CARDIO BOXING IB	ALL AGES BOXING TECHNIQUE JOCELYN	
11:30AM						11:30 SPARRING MARK	
12:00PM	S&C MARK	NO CLASS	NO CLASS	NO CLASS	S&C IB		
4:30PM	ALL AGES STRIKING TECHNIQUE BAGS MARK MARCUS	S&C RENEE	ALL AGES STRIKING TECHNIQUE BAGS MARK	S&C IB			
5:30PM	S&C IB	CARDIO KICKBOXING MARK	S&C MARK	CARDIO BOXING IB	ALL AGES STRIKING TECHNIQUE BAGS MARK		
5:30PM	YOUTH BOXING SKILL MARK	YOUTH BOXING SKILL IB	ADULT SPARRING IB & MARCUS	YOUTH BOXING SKILL MARK			
6:45PM	CARDIO BOXING IB		CARDIO KICKBOXING MARK	ALL AGES STRIKING TECHNIQUE BAGS IB			
OPEN HOURS	5:00AM- 8:30PM	5:00AM- 8:30PM	5:00AM- 8:30PM	5:00AM- 8:30PM	5:00AM- 7:00PM	7:00AM2 2:00PM	8:00AM- 12:00PM

