

American Gym

Class schedule - March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	INSTRUCTORS
				1	2	3	TOMMY
							STEVE
							JOANN
							STEPHANIE
							JASON
4	5	6	7	8	9	10	
	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class		10:00am pm Muay Thai	
	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class			
	7:00pm Muay Thai	7:30PM Sparring	7:00pm Kickboxing	7:30PM Sparring			
11	12	13	14	15	16	17	
	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class		10:00am pm Muay Thai	
	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class			
	7:00pm Muay Thai	7:30PM Sparring	7:00pm Kickboxing	7:30PM Sparring			
18	19	20	21	22	23	24	
	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class		10:00am pm Muay Thai	
	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class			
	7:00pm Muay Thai	7:30PM Sparring	7:00pm Kickboxing	7:30PM Sparring			
	Martin Luther King Day						
25	26	27	28	29	30	31	
	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class	6:00pm Boxing Class		10:00am pm Muay Thai	
	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class	7:00pm Boxing Class			
	7:00pm Muay Thai	7:30PM Sparring	7:00pm Kickboxing	7:30PM Sparring			

MORE CLASSES COMING SOON!

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