



**YAC FIT**  
 TRAINING-BAG-KETTLEBELL-OPEN GYM-SPECIAL  
 FORCES - BOOTCAMP  
 2500 BUSINESS LANE 98901 SCHEDULE  
**2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	
6:00AM						
9:00AM						SPECIAL FORCES
			CARDIO BAG (50MIN)			
10:00AM						CARDIO BAG/ KETTLEBELL COMBO (60MIN)

*Lunch Schedule*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15PM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
12:15PM	KettleBell (50MIN)	CARDIO BAG (50MIN)	RevFitHit(50MIN)	CARDIO BAG (50MIN)		

*Evening Schedule*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00PM						
4:00PM						
4:30PM		RevFit Hit (50MIN)	KettleBell (50MIN)		RevFit Hit (50MIN) trial month	
5:00PM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
5:15PM						
5:30PM	CARDIO BAG (50MIN)	30/30 (50MIN)	CARDIO BAG (50MIN)	RevFitHit(50MIN)	CARDIO BAG (50MIN)	
6:30PM						
8:00PM	STAFF IS GONE BY 7pm	STAFF IS GONE BY 7pm	STAFF IS GONE BY 7pm	STAFF IS GONE BY 7pm	STAFF IS GONE BY 7pm	STAFF IS GONE BY 12pm

**ALL PROGRAMS LISTED REQUIRE AN UPPER LAYER MEMBERSHIP.**

*Check Us Out on Facebook & Instagram!*  
 IG: yacfitness  
 FACEBOOK: YAC FITNESS



CLASS ADDED  
 CLASS CHANGED  
 CLASS TIME CHANGED