



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	
8:00AM						CARDIO BAG/ KETTLEBELL COMBO (60MIN)
9:00AM						SPECIAL FORCES
9:15AM			CARDIO BAG (60MIN)			
10:00AM						

Lunch Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15PM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
12:15PM	KettleBell (60MIN)	CARDIO BAG (60MIN)	RevFitHit(60MIN)	CARDIO BAG (60MIN)		

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00PM						
4:00PM						
4:30PM		RevFit Hit (45MIN)	KettleBell (45MIN)		RevFit Hit (45MIN)	
5:00PM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
5:15PM						
5:30PM	CARDIO BAG (60MIN)	30/30 (45MIN)	CARDIO BAG (60MIN)	RevFitHit(60MIN)	CARDIO BAG (60MIN)	
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 EITHER AN UPPER LAYER
 Or BAG
 MEMBERSHIP.

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 Instagram!*
 IG: [yacfitness](#)
 FACEBOOK: [YAC FITNESS](#)



CLASS ADDED
 CLASS CHANGED
 CLASS TIME CHANGED