



November

YAC FIT
 TRAINING-BAG-OPEN GYM-SPECIAL FORCES
 2500 BUSINESS LANE 98901 SCHEDULE
 Effective NOVEMBER 27TH, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	MIXFIT (45MIN)	SPECIAL FORCES	MIXFIT (45MIN)	SPECIAL FORCES	MIXFIT (45MIN)	
6:00AM		SPECIAL FORCES		SPECIAL FORCES		
9:15AM			CARDIO BAG (45MIN)			

Lunch Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15PM		CARDIO BAG (45MIN)				

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM						
5:30PM		CARDIO BAG (45MIN)	CARDIO BAG (45MIN)	CARDIO BAG (45MIN)		
8:00PM	STAFF IS GONE BY 8pm	STAFF IS GONE BY 8pm	STAFF IS GONE BY 8pm	STAFF IS GONE BY 8pm	STAFF IS GONE BY 8pm	STAFF IS GONE BY 12pm

CARDIO BAG, RevFit HIT & SPECIAL FORCES REQUIRE AN UPPER LAYER MEMBERSHIP

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



CLASS ADDED
 CLASS CHANGED
 CLASS TIME CHANGED

November



YAKIMA ATHLETIC CLUB
 TRAINING-SWIM-OPEN GYM-SPECIAL FORCES
 2501 RACQUET LANE 98902 SCHEDULE
 Effective NOVEMBER 27TH, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	
6:00AM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
6:15AM		SPECIAL FORCES		SPECIAL FORCES		
8:15AM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
9:00AM	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES
9:15AM						
10:00AM		BOOTCAMP	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	
11:00AM	ACTIVE LIVING	STRONGER LIVING	ACTIVE LIVING	ACTIVE LIVING	STRONGER LIVING	

Lunch Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15PM	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00PM						
4:00PM	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	
4:30PM	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	SPECIAL FORCES	
5:30PM	BOOTCAMP	SPECIAL FORCES		SPECIAL FORCES	SPECIAL FORCES	
6:30PM	SPECIAL FORCES		SPECIAL FORCES			

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 CLASS CHANGED
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