



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		
0.15.044			CARDIO BAG			
9:15AM			(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 GONI 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	BOOTCAMP	SPECIAL		SPECIAL	
	FORCES		FORCES	BOOTCAMP	FORCES	
C 000M	SPECIAL		SPECIAL		SPECIAL	
6:00AM	FORCES		FORCES		FORCES	
6:15AM		SPECIAL FORCES		SPECIAL FORCES		
8:15AM	SPECIAL		SPECIAL		SPECIAL	
6:15 m m	FORCES		FORCES		FORCES	
0.0004	SPECIAL		SPECIAL	SPECIAL FORCES	SPECIAL	SPECIAL
9:00AM	FORCES	SPECIAL FORCES	FORCES		FORCES	FORCES
9:15AM						
		BOOTCAMP	SPECIAL	SPECIAL BOOTCAMP	SPECIAL	
10:00AM			FORCES		FORCES	
	ACTIVE LIVING	STRONGER LIVING	ACTIVE	ACTIVE	STRONGER	
11:00AM			LIVING ACTIVE LIVING	LIVING		
	Ι		Lunch		1	_ !
			Schedule			-
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15PM	SPECIAL		SPECIAL		SPECIAL	
	FORCES	BOOTCAMP	FORCES	BOOTCAMP	FORCES	
			Evening			
			Schedule			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00PM						
(1.00DM	SPECIAL	CORCIAL FORASS	SPECIAL		SPECIAL	
4:00PM	FORCEC	SPECIAL FORCES	FORCEC	CORCIAL FORATC	roperc	

3:007/11						
(1.00DM	SPECIAL		SPECIAL		SPECIAL	
4:00PM	FORCES	SPECIAL FORCES	FORCES	SPECIAL FORCES	FORCES	
4:30PM	SPECIAL	SPECIAL FORCES	SPECIAL	SPECIAL FORCES	SPECIAL	
	FORCES	SPECIAL FURCES	FORCES	SPECIAL FURCES	FORCES	
5:30PM	BOOTCAMP	SPECIAL FORCES		SPECIAL FORCES	SPECIAL	
	BOUTCHINF	SPECIAL FORCES		SPECIAL FORCES	FORCES	
6:30PM	SPECIAL		SPECIAL			
6:30Pm	FORCES		FORCES			

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> CLASS ADDED CLASS CHANGED CLASS TIME CHANGED