



**YAC FIT**  
**TRAINING-BAG-KETTLEBELL-OPEN GYM-SPECIAL**  
**FORCES**  
 2500 BUSINESS LANE 98901 SCHEDULE  
**2018**

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

*Lunch Schedule*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15PM	KettleBell (40MIN)	CARDIO BAG (45MIN)	RevFitHit(45MIN)			

*Evening Schedule*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM		RevFit Hit (45MIN)	KettleBell (40MIN)			
5:15PM				CARDIO BAG (45MIN)		
5:30PM		CARDIO BAG (45MIN)	CARDIO BAG (45MIN)			
6:30PM		KettleBell (40MIN)				
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