



Welcome AUGUST

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	
6:00AM		SPECIAL FORCES		SPECIAL FORCES		
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						
5:30PM		CARDIO BAG (45MIN)	CARDIO BAG (45MIN)	CARDIO BAG (45MIN)		
6:30PM		CANCELED				
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