



YAC FIT
 TRAINING-BAG-KETTLEBELL-OPEN GYM-SPECIAL
 FORCES - BOOTCAMP
 2500 BUSINESS LANE 98901 SCHEDULE
EFFECTIVE OCTOBER 1ST, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	SPECIAL FORCES	ADVANCED BOOTCAMP	SPECIAL FORCES	ADVANCED BOOTCAMP	SPECIAL FORCES	
6:00AM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
9:15AM			CARDIO BAG (50MIN)			
10:00AM						CARDIO BAG (50MIN)

Lunch Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15PM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
12:15PM	KettleBell (50MIN)	CARDIO BAG (50MIN)	RevFitHit(50MIN)	CARDIO BAG (50MIN)		

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00PM	TEAM TRAINING		TEAM TRAINING		TEAM TRAINING	
4:00PM			TEAM TRAINING			
4:30PM	30/30 (50MIN)	RevFit Hit (50MIN)	KettleBell (50MIN)			
5:00PM	SPECIAL FORCES		SPECIAL FORCES		SPECIAL FORCES	
5:15PM						
5:30PM	CARDIO BAG (50MIN)	30/30 (50MIN)	CARDIO BAG (50MIN)	RevFitHit(50MIN)	CARDIO BAG (50MIN)	
6:30PM						
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

**ALL PROGRAMS LISTED
 REQUIRE AN UPPER LAYER
 MEMBERSHIP.**

*Check Us Out on Facebook &
 Instagram!*
IG: YACFITNESS
FACEBOOK: YACFITNESS



CLASS ADDED
 CLASS CHANGED
 CLASS TIME CHANGED