



YAC FIT
TRAINING-BAG-KETTLEBELL-OPEN GYM-SPECIAL FORCES - BOOTCAMP
 2500 BUSINESS LANE 98901 SCHEDULE
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						
4:00PM						
4:30PM		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: YAC FITNESS



CLASS ADDED
 CLASS CHANGED
 CLASS TIME CHANGED