



January

YAC FIT
 TRAINING-BAG-KETTLEBELL-OPEN GYM-SPECIAL
 FORCES - BOOTCAMP
 2500 BUSINESS LANE 98901 SCHEDULE
2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	SPECIAL FORCES	BOOTCAMP	
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			
4:00PM			Team Training			
			Team Training			
4:30PM		RevFit Hit (50MIN)	KettleBell (50MIN)		RevFit Hit (50MIN) trial month	
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.

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 Instagram!
 IG: YACFITNESS
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CLASS ADDED
 CLASS CHANGED
 CLASS TIME CHANGED