



# IMPACT ZONE

| Monday                             | Tuesday                                 | Wednesday                               | Thursday                                | Friday                                  |
|------------------------------------|---|---|---|---|
| 4-5:00                             |   |   |   |   |
| <b>Kickboxing</b>                  | <b>TUJANA</b>                           | <i>Open Time<br/>Conditionion<br/>g</i> | <b>Kickboxing</b>                       | <i>Open Time<br/>Conditionion<br/>g</i> |
| 5-6:00                             | 5-7:00                                  | 5-6:00                                  | 5-6:00                                  | 5-6:00                                  |
| <b>BOXING</b>                      | <i>Open Time<br/>Conditionion<br/>g</i> | <b>BOXING</b>                           | <b>YOGA</b>                             | <i>Open Time<br/>Conditionion<br/>g</i> |
| 6-7:30                             | 7-8:00                                  | 6-7:30                                  | 7-8:00                                  | 6-8:00                                  |
| <b>Muay Thai</b><br>Thai Boxing    | <b>YOGA</b>                             | <b>Muay Thai</b><br>Thai Boxing         | <i>Open Time<br/>Conditionion<br/>g</i> | <i>Open Time<br/>Conditionion<br/>g</i> |
| 8-9:00                             | 8-9:00                                  | 8-9:00                                  | 8-9:00                                  | 8-9:00                                  |
| <i>Open Time<br/>Conditioniong</i> | <i>Open Time<br/>Conditioniong</i>      | <i>Open Time<br/>Conditioniong</i>      | <i>Open Time<br/>Conditioniong</i>      | <i>Open Time<br/>Conditioniong</i>      |