



AMP WEEKLY CLASS SCHEDULE

CLASS TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Martial Arts Neil Chandler				12PM - 1PM		10AM - 11AM
JiuJitsu/No Gi MMA Neil Chandler		6PM - 8PM		6PM - 8PM		11:30AM - 1:30PM
Mens Strength & Conditioning Matt Nigut	6PM - 7PM		6PM - 7PM		6PM - 7PM	
Womens Strength & Conditioning Matt Nigut	5PM - 6PM		5PM - 6PM		5PM - 6PM	
Mens Open Strength & Conditioning Matt Nigut	1PM - 2PM		1PM - 2PM		1PM - 2PM	
Weight Loss Camp Matt Nigut	8:00PM-9:00PM		8:00PM-9:00PM		8:00PM-9:00PM	
Kids Boxing Mike Sharmin	6:30PM - 7:30PM		6:30PM - 7:30PM		6:30PM - 7:30PM	
Adults Boxing Mike Sharmin	7:30PM - 8:30PM		7:30PM - 8:30PM		7:30PM - 8:30PM	
Gunz N Bunz Women Only Kaitly Gagnon		6PM - 7PM		6PM - 7PM		