



# AMP WEEKLY CLASS SCHEDULE

CLASS TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Rings JiuJitsu Neil Chandler		6PM - 8PM		6PM - 8PM		11:30 AM - 1:30 PM
Mens Open Strength & Conditioning Matt Nigut	1PM - 3PM		1PM - 3PM		1PM - 3PM	
Womens AmpFit Matt Nigut	5PM - 6PM		5PM - 6PM		5PM - 6PM	
Mens AmpFit Matt Nigut	6PM - 7PM		6PM - 7PM		6PM - 7PM	
Teens Athletic Camp Chris Reuther	5:30PM - 6:30PM		5:30PM - 6:30PM		5:30PM - 6:30PM	
Ladies Guns & Buns Caity Gagnon		6PM - 7PM		6PM - 7PM		
Youth 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	