



Amp Hardcore Gym Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids Boxing Mike Sharman	6:30-7:30 pm		6:30-7:30 pm		6:30-7:30 pm	
Adults Boxing Mike Sharman	7:30-8:30 pm		7:30-8:30 pm		7:30-8:30 pm	
Jiu Jitsu Combatives Neil Chandler		6-8 pm		6-8 pm		11:30am-1pm
Buns & Guns <i>Women Only</i> Caity Gagnon		6-7pm		6-7pm		
Kickboxing <i>Women Only</i> Caity Gagnon	6-7 pm		6-7 pm		6-7 pm	
Olympic Weightlifting	6:30-8 pm		6:30-8pm		6:30-8pm	
Teen Sports Performance Chris Reuther	5:30-6:30 pm		5:30-6:30 pm		5:30-6:30 pm	
Ampfit Matt Nigut	1-2 pm		1-2 pm		1-2 pm	
Ampfit Matt Nigut	6-7 pm		6-7 pm		6-7 pm	