



Class Schedule 2017

KENTFIELD FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM							
7 AM		KB / Boxing Gamal 7:00 – 8:00					
8 AM			Power Yoga July 8:00 – 9:00				
9 AM	HIIT Bootcamp Mike Block 8:30 – 9:00		HIIT Bootcamp Mike Block 9:00 – 9:30		HIIT Bootcamp Mike Block 8:30 – 9:00		
10 AM		Aerial Yoga Kate 10:00 - 11:00					
11 AM							
Noon							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM				KB / Boxing Gamal 6:00 – 7:00	Vin Yoga Julie 6:00 – 7:00		
7 PM							
8 PM							
9 PM							

Yoga Instructors:

MMA Instructors:



Kate - Aerial Yoga <reservation required>

Julie - Vinyasa Yoga

July - Power Yoga



Gamal - Kickboxing / boxing

Bootcamp Instructors:



Mike Block - HIIT Bootcamp