



Class Schedule 2018

KENTFIELD FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM							
7 AM							
8 AM						Power Yoga July 8:00 – 9:00	
9 AM						Kickboxing Vincenzo 9:00-10:00	
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM			Boxing Vincenzo 6:00-7:00		Vin Yoga Julie 6:00 – 7:00		
7 PM							
8 PM							
9 PM							

Yoga Instructors:

MMA Instructors:



Lonni – Vinyasa Yoga <classes starting soon>

Julie - Vinyasa Yoga

July - Power Yoga



Vincenzo – Kickboxing and Boxing
<reservation required>