



Schedule Effective December 10, 2018

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	5:30 AM Cardio Bags/ Kick Boxing (Donna)		10:05AM Fitness (Rose)		8:00 AM Tai Chi/ Chi Gong	
			12:00PM Tai Chi/ Chi Gong			11:00 AM Cardio Bags/ Kick Boxing (Donna)
3:45PM Youth (10-15) USA Boxing (Charles)		3:45 PM Youth (10-15) USA Boxing (Charles)	4:45 PM Internal Energy Practice by Appointment (Charles)		3:15 PM Internal Energy Practice by Appointment (Charles)	
8:00 PM Adult (16 +) USA Boxing (Charles)		8:00 PM Adult (16 +) USA Boxing (Charles)	8:00 PM** Adult (16+) USA Boxing (Orlando)			

Fitness Lesson (45 minutes) may include strength training with small weights and use of the Functional Fitness equipment and exercises in the classroom.

Cardio Bags/Kick Boxing Lessons (45 minutes) may include Functional Fitness Aerobics and Strengthening Exercises at the discretion of the Instructors. These lessons are non-contact and do not involve live sparring, however, boxing gloves, mitts and wraps are required and will be used in each session.

Boxing Lessons (50 Minutes) will be intense, non-sparring lessons focusing on the fundamentals of boxing for some time as the students gain their understanding of the sport. In order to begin sparring a student must be registered with USA Boxing located at www.teamusaboxing.org.

****Boxing Lessons w/ Orlando (50 Minutes)**-Advanced Techniques with Former Golden Gloves Winner, Orlando Maffucci. Last Thursday of the Month-Included with Program #4 or Drop-In Fee of \$25.

Internal Energy Practice (60Minutes) Help cultivate the internal energy circuits of the body which in turn builds the relationship between mind, body, emotion and higher self. Free to Students and the Public.

Tai Chi/Chi Gong (60 Minutes) "The Supreme Ultimate" is a style of Martial Art training that focuses on the practice of movements which bring about a state of mental calm and clarity. Adults Only

Internal Energy Practice (60Minutes) Help cultivate the internal energy circuits of the body which in turn builds the relationship between mind, body, emotion and higher self.

Students should arrive 15 minutes prior to your scheduled lesson and wrap your hands.

We start promptly. No Refunds for Training. Lessons are not carried over from Session to Session.

Please attend in ASB&F T-Shirt or ASB&F Tank Top.