

## **Monday**

6 AM – Team Training – **Advanced**

9:15AM – Team Training – **Advanced**

6 PM – Team Training – **Advanced**

8 PM – **Kickboxing –Cancelled for the Summer**

## **Tuesday**

6 AM – Team Training – **Ultimate Boot Camp Express Workout**

6:45 PM – Team Training – **Ultimate Boot Camp Express Workout**

7:20 PM – Team Training – **Ultimate Boot Camp Express Workout**

8 PM – Team Training – **Elevate**

## **Wednesday**

6 AM – Team Training – **Advanced**

9:15 AM – Team Training – **Advanced**

6 PM – Team Training – **Advanced**

8 PM – **Kickboxing - Cancelled for the Summer**

## **Thursday**

6:45 PM – Team Training – **Ultimate Boot Camp Express Workout**

7:20 PM – Team Training – **Ultimate Boot Camp Express Workout**

8 PM – Team Training – **Elevate**

## **Friday**

6 AM – Team Training – **Advanced**

9:15 AM – Team Training – **Advanced**

6 PM – **Kickboxing - Cancelled for the Summer**

**Saturday**

8 AM – Team Training – **Advanced**

10 AM – Team Training – **Elevate**

**A.C.E. (Apply Commit Evolve) Fitness Performance Camp**  
**Summer 2013**

**Session 1: July 1<sup>st</sup> through July 26<sup>th</sup> (12 classes)**

Ages: 6-9 8:30AM – 10AM – Monday/Wednesday/Friday

Ages 10-16: 10:15-11:45AM – Monday/Wednesday/Friday

**Session 2: August 5<sup>th</sup> through August 30<sup>th</sup> (12 classes)**

Ages: 6-9 8:30AM – 10AM – Monday/Wednesday/Friday

Ages 10-16: 10:15-11:45AM – Monday/Wednesday/Friday