



# COAL CREEK FAMILY WELLNESS STUDIO SCHEDULE

**OCT 2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM to 10:00AM STRONG NATION™						9:00AM to 10:00AM STRENGTH & CONDITIONING
10:15AM to 11:15AM STRENGTH TRAINING						1:30PM to 2:30PM TAI CHI (2ND/3RD SECTION)
		9:15AM to 10:15 AM KICKBOXING BOOT CAMP		9:00AM to 10:00 AM STRENGTH & CONDITIONING	9:00AM to 10:00AM STEP & STRENGTH	
	9:45AM to 10:30AM STRENGTH & CONDITIONING		9:45AM to 10:30AM STRENGTH & CONDITIONING			
		11:00-1:00 PM TABLE TENNIS		11:00-1:00PM TABLE TENNIS		
		1:30—2:30PM TAI CHI (1ST SECTION)	4:00—7:00PM TAE KWON DO		5:00PM to 6:00PM KICKBOXING BOOT CAMP	
	5:30 PM to 6:30PM STRONG NATION™	6:00PM to 7:00PM R.I.P.P.E.D.		6:30PM to 7:30PM CARDIO STRENGTH	6:15PM to 7:45PM TABLE TENNIS	

Updated 9/17/21