



COAL CREEK FAMILY WELLNESS STUDIO SCHEDULE

**NOV
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					
		11:00AM to 1:00 PM TABLE TENNIS	10:30AM to 11:15AM STRENGTH & CONDITIONING	11:00AM to 1:00PM TABLE TENNIS			
		5:30 PM to 6:30PM STRONG NATION™	1:30PM to 2:30PM TAI CHI (1ST SECTION)	4:00PM to 7:00PM TAE KWON DO	5:00PM to 6:00PM KICKBOXING BOOT CAMP		
		6:30PM to 7:30PM ZUMBA®	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 11/1/21