



COAL CREEK FAMILY WELLNESS STUDIO SCHEDULE

JAN 2022

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		9:15AM to 10:15 AM KICKBOXING BOOT CAMP		9:00AM to 10:00 AM STRENGTH & CONDITIONING	9:00AM to 10:00AM STEP & STRENGTH	
1:30PM to 2:30PM TAI CHI (1st SECTION)	10:30AM to 11:30AM STRENGTH & CONDITIONING		10:30AM to 11:30AM* STRENGTH & CONDITIONING	10:15AM to 11:00AM* TABATA BOOTCAMP		1:30PM to 2:30PM TAI CHI (3rd SECTION)
Updated 12/30/21		11:00AM to 1:00 PM TABLE TENNIS- ALL AGES		11:00AM to 1:00PM TABLE TENNIS- ALL AGES		
		1:30PM to 2:30PM TAI CHI (2nd SECTION)				
			4:00PM to 7:00PM TAE KWON DO			
	5:30PM to 6:30PM STRONG NATION™	6:00PM to 6:55PM R.I.P.P.E.D.		6:00PM to 7:00PM R.I.P.P.E.D.	5:00PM to 6:00PM KICKBOXING BOOT CAMP	
	6:45PM to 7:45PM ZUMBA®	7:00PM to 7:55PM ZUMBA®			6:15PM to 7:45PM TABLE TENNIS- ALL AGES	