

Fitness Center



MARTIAL ARTS PROGRAM

HAP KI DO: MONDAY-SATURDAY

BRAZILIAN JIJITSU: MONDAYS, WEDNESDAYS,
FRIDAYS & SATURDAYS - **FREE CLASS**

TAE KWON DO: MONDAYS, THURSDAYS & FRIDAYS

TANG SOO DO: TUESDAYS, THURSDAYS & SATURDAYS

MUAY-THAI: MONDAY-FRIDAY



SEPTEMBER EVENTS

**OSAN
HALF MARATHON**
(13.1 miles)
Saturday, 18 September
0900



**FREE
THROW
AND
3 POINT
Competition**
Friday, 24 September
1500



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Bldg. 1423
784-5568
Open 24
Hours a Day



1
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900
Interval Spin*

2
0600-0700 Spin*
1000-1100 Hip Hop
Hustle
1700-1800 Zumba
1800-1900 Yoga

3
0600-0700 Spin*
0900-1000 Spin*
1700-1800 Spin*
1800-1900
Total Body

4
0900-1000 Spin*
1000-1030 Abs*

5
1400-1500 Spin*

6
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900 Spin*

7
0600-0700 Spin*
1000-1100 Turbokick
1700-1800 Zumba
1800-1900
Latin Aerobics

8
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900
Interval Spin*

9
0600-0700 Spin*
1000-1100 Hip Hop
Hustle
1700-1800 Zumba
1800-1900 Yoga

10
0600-0700 Spin*
0900-1000 Spin*
1700-1800 Spin*
1800-1900
Total Body

11
0900-1000 Spin*
1000-1030 Abs*

12
1400-1500 Spin*

13
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900 Spin*

14
0600-0700 Spin*
1000-1100 Turbokick
1700-1800 Zumba
1800-1900
Latin Aerobics

15
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900
Interval Spin*

16
0600-0700 Spin*
1000-1100 Hip Hop
Hustle
1700-1800 Zumba
1800-1900 Yoga

17
0600-0700 Spin*
0900-1000 Spin*
1700-1800 Spin*
1800-1900
Total Body

18
0900-1000 Spin*
1000-1030 Abs*

19
1400-1500 Spin*

20
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900 Spin*

21
0600-0700 Spin*
1000-1100 Turbokick
1700-1800 Zumba
1800-1900
Latin Aerobics

22
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900
Interval Spin*

23
0600-0700 Spin*
1000-1100 Hip Hop
Hustle
1700-1800 Zumba
1800-1900 Yoga

24
0600-0700 Spin*
0900-1000 Spin*
1700-1800 Spin*
1800-1900
Total Body

25
0900-1000 Spin*
1000-1030 Abs*

26
1400-1500 Spin*

27
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900 Spin*

28
0600-0700 Spin*
1000-1100 Turbokick
1700-1800 Zumba
1800-1900
Latin Aerobics

29
0600-0700 Spin*
1630-1730 Chisel*
1730-1800 Abs*
1800-1900
Interval Spin*

30
0600-0700 Spin*
1000-1100 Hip Hop
Hustle
1700-1800 Zumba
1800-1900 Yoga

* FIP Approved Classes