



Judo

Tuesday & Thursday – 6:30 to 7:30 pm.....Kids & Pre-Teens

Tuesday & Thursday - 7:30 to 9:00 pm.....Adults

Tai-Chi

Monday & Wednesday & Friday.....10:30 to 11:30 am

Look for our evening Tai-chi classes in the New Year.

Exercise Class

Monday, Tuesday, Wednesday, Thursday & Friday

5:30 to 6:15 pm.....The Hurricane

Monday & Wednesday & Friday

6:30 to 7:30 pm.....Boot camp

New Kravmaga

Monday, Wednesday & Friday.....7:45 to 8:45 pm

Personal Training

Lets' set up a time for you & I to get together...

Please call about times before showing up.

If you have a group we will run a class just for you...just ask

Bill Shoup

110 Anne St S unit # 9 or 728-0624