



**NOVEMBER 2009
GYM SCHEDULE
GYM NUMBER
631-412-3686**

SUNDAY	MONDAY a	TUESDAY b	WEDNESDAY a	THURSDAY b	FRIDAY	SATURDAY
CLOSED HIT YOUR KNEES	D.R.I.F.T. Ages 10-13 4:00 PM	D.R.I.F.T. Ages 10-13 4:00 PM	D.R.I.F.T. Ages 10-13 4:00 PM	D.R.I.F.T. Ages 10-13 4:00 PM	D.R.I.F.T. MAKE UP Ages 10-13 4:00 PM	TEAM TRAINING OPEN SPARRING 12 PM – 3 PM
CLOSED HIT YOUR KNEES	D.R.I.F.T. Ages 14-17 5:00 PM	D.R.I.F.T. Ages 14-17 5:00 PM	D.R.I.F.T. Ages 14-17 5:00 PM	D.R.I.F.T. Ages 14-17 5:00 PM	D.R.I.F.T. MAKE UP Ages 14-17 4:00 PM	LI BuJutsu 7:00 PM – 9:00 PM
CLOSED HIT YOUR KNEES	OPEN GYM D.R.I.F.T. GRADS 6:00 PM	OPEN GYM D.R.I.F.T. GRADS 6:00 PM	OPEN GYM D.R.I.F.T. GRADS 6:00 PM	OPEN GYM D.R.I.F.T. GRADS 6:00 PM	OPEN GYM D.R.I.F.T. GRADS 6:00 PM	
CLOSED HIT YOUR KNEES	OPEN GYM ADULTS ONLY 7:00 PM – 9:30 PM	GET FIT NOT HIT ADULTS ONLY 7:00 PM – 8:00 PM	OPEN GYM ADULTS ONLY 7:00 PM – 9:30 PM	GET FIT NOT HIT ADULTS ONLY 7:00 PM – 8:00 PM	OPEN GYM ADULTS ONLY 7:00 PM – 9:30 PM	
CLOSED HIT YOUR KNEES		OPEN GYM ADULTS ONLY 8:00 PM – 10:00 PM		OPEN GYM ADULTS ONLY 8:00 PM – 10:00 PM		
PRIVATE GYM RENTAL FOR TRAINING – PHOTO SHOOTS & FILMING AVAILABLE						

