

AHP Stonebridge - Jan 2010 Group Class Schedule

ENROLLMENT & INFORMATION LINE: (630) 631-5567



Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30-6:15 am	METABOLIC BLAST		METABOLIC BLAST		METABOLIC BLAST	
7:30-8:30 am		AHP RESULTS		AHP RESULTS		MEN'S BOOT CAMP
8:30-9:45 am	AHP HARDCORE		AHP HARDCORE		AHP HARDCORE	MEN'S BOXING CONDITIONING (9:00-10:00)
4:00-8:00 pm	TOTAL PERFORMANCE*	TOTAL PERFORMANCE*		TOTAL PERFORMANCE*	TOTAL PERFORMANCE*	TOTAL PERFORMANCE* (9:30-12:00)
4:00-5:30 pm		YOUTH (9-13) / H.S. BOXING		YOUTH (9-13) / H.S. BOXING		YOUTH (9-13) / H.S. BOXING (10:30-11:30)
5:30-6:30 pm	AHP RESULTS		AHP RESULTS		AHP RESULTS	
5:30-7:00 pm	MEN'S BOXING			MEN'S BOXING		

* TOTAL PERFORMANCE CLASS REQUIRES A CONSULTATION AND ASSESSMENT PRIOR TO ADMITTANCE INTO PROGRAM

AHP CityGate - Jan 2010 Group Class Schedule

ENROLLMENT & INFORMATION LINE: (630) 857-3920



Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30-6:15 am	METABOLIC BLAST	METABOLIC BLAST	METABOLIC BLAST	METABOLIC BLAST	METABOLIC BLAST	
6:30-9:30 am	PT FLEX		PT FLEX		PT FLEX	AHP Hardcore (8:00-9:00)
9:00-10:00 am	AHP HARDCORE		AHP HARDCORE		AHP HARDCORE	
5:00-5:45 pm	METABOLIC BLAST	STRETCH & STRENGTH	METABOLIC BLAST	STRETCH & STRENGTH	METABOLIC BLAST	
6:00-8:00 pm		PT FLEX		PT FLEX		
6:30-7:30 pm	AHP RESULTS		AHP RESULTS			

*All Classes Subject To Availability