

2671 MAIN STREET . YORK, NY  
10 UNIVERSITY DRIVE . GENESEO, NY  
[WWW.FIGHTCLUBYORK.COM](http://WWW.FIGHTCLUBYORK.COM)

## CLASS SCHEDULE AS OF OCTOBER 2009

All classes in Geneseo unless indicated **YORK**

You must register for classes in advance. Classes may be changed or cancelled based on attendance.

\* Indicates classes will begin week of September 28th

S - Seanna, A - Aprile, P - Paul, R - Rebecca, C - Craig

### MONDAY

5:00 pm Kickboxing - **R**

5:00 pm Spinning - **P**

4:30 pm RT Boot Camp - **YORK - S**

### TUESDAY

4:00 pm Kickboxing/Core - **S**

5:00 pm Spin/Core - **S**

7:00 pm AT Stations\* - **A**

### WEDNESDAY

5:00 pm Athletic Training Stations - **A**

6:00 pm Spinning - **P**

6:00 pm Kickboxing - **R**

### THURSDAY

5:00 pm SpinCore - **C**

6:00 pm Spinning - **C**

6:00 pm Kickboxing\* - **YORK - A**

7:00 pm Yoga - **R**

### FRIDAY

9:00 am Kickboxing - **R**

### SATURDAY

7:00 am Core Power - **S**

8:00 am Spinning - **TBA**

8:00 am Speed Ball - **TBA**

9:00 am Kickboxing - **S**

### SUNDAY

8:00 am Instructors Choice\* - **A**