

NORTHGATE MKG MAX10 KICKBOXING BOOTCAMP CHALLENGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	MAX10 CHALLENGE 6:30 TO 7:30 AM	MAX10 CHALLENGE 6:30 TO 7:30 AM	MAX10 CHALLENGE 6:30 TO 7:30 AM	MAX10 CHALLENGE 6:30 TO 7:30 AM	MAX10 CHALLENGE 6:30 TO 7:30 AM	
7:00						
	CLOSED 7:30 TO 9:00 AM					
9:00	MAX10 CHALLENGE 9:00 TO 10:00 AM	MAX10 CHALLENGE 9:00 TO 10:00 AM	MAX10 CHALLENGE 9:00 TO 10:00 AM	MAX10 CHALLENGE 9:00 TO 10:00 AM	MAX10 CHALLENGE 9:00 TO 10:00 AM	MAX10 CHALLENGE 9:00 TO 10:00 AM 8PM EVENING SESSION ONLY
9:30						
10:15	MAX FUSION 10:15 TO 11:15 AM		MAX FUSION 10:15 TO 11:15 AM		MAX FUSION 10:15 TO 11:15 AM	
10:45						
	OPEN GYM PRIVATE LESSONS WITH APPOINTMENT 11:15 AM TO 4:00PM YOUTH MARTIAL ARTS 4:00 TO 6:00PM ADULT MARTIAL ARTS AND KICKBOXING 5:30 TO 8:00PM					
8:00	MAX10 CHALLENGE 8:05 TO 9:05 PM	MAX10 CHALLENGE 8:05 TO 9:05 PM	MAX10 CHALLENGE 8:05 TO 9:05 PM	MAX10 CHALLENGE 8:05 TO 9:05 PM		
8:30						