



Fall 2017 Schedule Aug 16 thru Nov 29

AMPED

Training Zone

Monday

12:00 pm

with Scott

5:00 pm

with Knight

7:00 pm

with Donald

Tuesday

1:00 pm

with Bobby

4:30 pm

with Jowontae

6:00 pm

with Michael

Wednesday

12:00 pm

with Donald

5:00 pm

with Samantha

7:00 pm

with Knight

Thursday

1:00 pm

with Jowontae

4:30 pm

with Annalise

6:00 pm

with Michael

Friday

12:00 pm

with Justin

Pass required. Passes are distributed 15 minutes before scheduled class time.