



B A A C

Bay Area Athletic Club

Boxing - Kickboxing - Cardio

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						ROCKIT	
10:00 AM						Mighty Boxer Ages	
10:45 AM						Recreational/ Advanced Teens	
11:30 AM						Adult Fundamentals	
12:00 PM		Open Class - all programs		Open Class - all programs			
12:15 PM						Adult Sparring Team BAAC	
5:15 PM	Mighty Boxer	Recreational Teens	Mighty Boxer	Recreational Teens			
6:00 PM	Advanced Junior Advanced Teen	Advanced Junior Advanced Teen	Recreational Teens	Advanced Junior Advanced Teen	6:30 PM Beginner Sparring - all ages		
7:00 PM	Adult Fundamentals	Open Adult	Adult Fundamentals	Open Adult			
8:00 PM	Advanced Adult Team BAAC	ROCKIT	Adult Sparring Team BAAC	ROCKIT			