

KDT Academy Training Hours

Effective September 2010

	9 am - 6 pm	6 - 6:45 pm	7 - 7:45 pm	8 - 8:45 pm	9 - 9:45 pm
MON	PERSONAL TRAINING SESSIONS BY APPOINTMENT ONLY	FizFit BEGINNERS	FizFit ADVANCED*	C.M.D. ADVANCED*	C.M.D. BEGINNERS*
TUE		FizFit Intermediate	KETTLEBELLS CKT 1 Techniques	KETTLEBELLS Workout	Brazilian Jiu Jitsu Gi Class
WED		FizFit BEGINNERS	FizFit ADVANCED*	C.M.D. ADVANCED*	C.M.D. BEGINNERS*
THU		FizFit Intermediate	FizFit BEGINNERS	C.M.D. Rookies*	
FRI		KETTLEBELLS CKT 2 Techniques	KETTLEBELLS Workout	Brazilian Jiu Jitsu No Gi Class	
SAT		FizFit Joint Mobility & Stretching	Brazilian Jiu Jitsu Gi Class	OPEN MATS MEMBERS ONLY	CLOSED ON SUNDAYS & PUBLIC HOLIDAYS
	10 - 10:45 am	2 - 3 pm	3 - 5 pm		

* By Invitation Only