

TEEN/ADULT CLASS SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:15 pm-7:15 pm
EASY DEFENSE

6:15 pm-7:15 pm
MARTIAL ARTS

6:15 pm-7:15 pm
MARTIAL ARTS

12:00 pm-1:00 pm
MARTIAL ARTS

7:15 pm-8:00 pm
BODY SCULPT

7:30 pm-8:45 pm
EXTREME FITNESS

7:30 pm-8:30 pm
BODY SCULPT & KILLER
ABS

7:30 pm-8:45 pm
BOX FIT

12:30 pm-1:30 pm
BODY SCULPT & CARDIO
CURCUIT

8:00 pm-8:30 pm
CARDIO KICKBOXING

7:45 pm-8:45 pm
CARDIO COMBAT
FOR MEN
(pre-register)

PERSONAL TRAINING & NUTRITIONAL GUIDANCE AVAILABLE!

SEE THE FRONT DESK FOR DETAILS!

American Self Defense & Fitness Center

156 West Passaic Street, Rochelle Park, NJ Phone 201-368-9050 Fax: 201-368-9087

WWW.ASDFC.COM

