

Camarillo MMA and Fitness
December 2014 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am		5:00am-6:00am		5:00am-6:00am	
6:00am-7:00am Weight Training Private Sifu Peter	6:00am-7:00am Weight Training Private Sifu Peter	6:00am-7:00am Weight Training Private Sifu Peter	6:00am-7:00am Weight Training Private Sifu Peter	6:00am-7:00am Weight Training Private Sifu Peter	8:00am-9:00am Private Lesson Sifu Peter 8:30-9:00am Private Lesson Sifu Cherry
9:00am-9:45am Cardio Kickboxing Sifu Cherry	10:30-11:00am Private Lesson Sifu Cherry	9:00am-9:45am Cardio Kickboxing Sifu Cherry	10:30-11:00am Private Lesson Sifu Cherry		9:00am-10:00am Cardio Kickboxing
3:30pm-4:00pm	3:30pm-4:00pm Private Lesson Sifu Cherry Open Gym	3:30pm-4:00pm	3:30pm-4:00pm Private Lesson Sifu Cherry Open Gym		10:00am-11:00am
4:00pm-4:30pm Pee Wee/Kids 1 MMA Sifu Cherry/Sifu Peter	4:00pm-4:30pm Private Lesson Sifu Cherry Open Gym	4:00pm-4:30pm Pee Wee/Kids 1 MMA Sifu Cherry/Sifu Peter	4:00pm-4:30pm Private Lesson Sifu Cherry Open Gym		
4:30pm-5:15pm Kids 2 MMA Sifu Cherry/Sifu Peter	4:30pm-5:15pm Kids Judo Sensei Mike	4:30pm-5:15pm Kids 2 MMA Sifu Cherry/Sifu Peter	4:30pm-5:00pm Private Lesson Sifu Cherry	5:00pm-5:30pm Private Lesson Sifu Cherry	
5:15pm-6:00pm Pre-Teens MMA Sifu Cherry	5:15pm-5:45pm Private Lesson Sifu Cherry	5:15pm-6:00pm Pre-Teens MMA Sifu Cherry	5:00pm-6:00pm Open Gym	5:30pm-6:30pm Adult MMA Sifu Backus	
6:00pm-6:45pm Teens MMA Sifu Cherry/Sifu Peter	6:15pm-7:15pm Cardio Kickboxing	6:00pm-6:45pm Teens MMA Sifu Cherry/Sifu Backus	6:15pm-7:15pm Cardio Kickboxing		
6:15pm-7:15pm Adult MMA All Levels Sifu Peter/Sifu Backus		6:15pm-7:15pm Adult MMA All Levels Sifu Backus/Sifu Peter			

Tuesday	Thursday	Saturday
12/2-Sifu Cherry	12/4-Sifu Peter	12/6 Sifu Cherry
12/9-Sifu Seth	12/11-Sifu Cherry	12/13-Sifu Backus
12/16-Sifu Cherry	12/18-Sifu Backus	12/20-Sifu Seth
12/23-Sifu Peter	12/25-closed	12/27-closed
12/30-closed		

We will be closed December 24th-January 1st. We will reopen January 2nd. Next Fitness Boot Camp will begin January 5th.