



Dan Henderson's Athletic Fitness Center Schedule

Hours: Monday-Friday 8AM-8:30PM, Saturday 8AM-2PM, Closed Sunday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	Cardio Kickboxing (AY)		Cardio Kickboxing (AY)			
7:00 AM		No-Gi (AP)		No-Gi (AP)		
8:00 AM						No-Gi Open Mat (AP)
8:30 AM		Intro to Weight Lifting (LE)		Intro to Weight Lifting (LE)		45min Cardio Bag (TW)
9:00 AM	Muay Thai (TS)	Muay Thai (TS)	Muay Thai (TS)	Muay Thai (TS)	Muay Thai (TS)	Kids MMA (TW)
	BJJ (JS)	No-Gi BJJ (AP)	BJJ (JS)	No-Gi BJJ (AP)	BJJ (AP)	
					Functional Fitness (AY)	Intro to Boxing (GP)
9:15 AM	Cardio Bag (TW)		Cardio Bag (TW)		Cardio Bag (TW)	
9:30 AM	Strength & Conditioning (LE)	Cardio Bike (JT)	Strength & Conditioning (LE)	Cardio Bike (JT)	Strength & Conditioning (LE)	
		Strength & Conditioning (LE)		Strength & Conditioning (LE)		
10:00 AM	Yoga (SP)		Yoga (SP)		Yoga (SP)	Muay Thai (TS)
10:30 AM	PRO PRACTICE RESERVED					
11:00 AM						Structured Sparring (TW)
3:45 PM	Kids BJJ (JS)	Team Quest Wrestling (AP)	Kids BJJ (JS)	Team Quest Wrestling (AP)		<u>Instructors:</u> AP- Anthony Paredes AY - Ashley Yoder GP - Gustavo Pugliese JC - Jeff Creighton JT- Jenni Thompson JS - Joe Stevenson LE - Leanne Ewald RR - Ritchie Rodarte SP- Shannon Patterson TS - Tarec Saffiedine TW - Trevor Wells
	Ages 4-6 & Beginners	Beginn. 4-7yr (1hr) Advanced (1hr 45min)	Ages 4-6 & Beginners	Beginn. 4-7yr (1hr) Advanced (1hr 45Min)		
4:00 PM	Cardio Bag (GP)	Kids Quest MMA (TW)	Cardio Bag (GP)	Kids Quest MMA (TW)	No-Gi (AP)	
4:15 PM	Kids BJJ (JS)		Kids BJJ (JS)			
	Experienced		Experienced			
4:30 PM	Strength & Conditioning (LE)	Cardio Bag (AY)	Intro to Weight Lifting (LE)	Cardio Bag (AY)	Cardio Bag (GP)	
		Strength & Conditioning (LE)				
5:00 PM	Kids Advanced BJJ (JS)		Kids Advanced BJJ (JS)		Strength & Conditioning (LE)	
	Functional Fitness (AY)		Functional Fitness (AY)			
	Cardio Bag (GP)		Cardio Bag (GP)			
	Cage Tactics (JC)		Cage Tactics (JC)			
5:30 PM		Beginner BJJ (AP)		Beginner BJJ (AP)	Muay Thai (TS)	
		Teen Intro to MMA (TW)		Teen Intro to MMA (TW)		
		Cardio Bag (AY)		Cardio Bag (AY)		
		Yoga (SP)		Yoga (SP)		
6:00 PM	Beginner BJJ (JS)	Advanced Muay Thai (TS)	Beginner BJJ (JS)	Advanced Muay Thai (TS)		
	Muay Thai (TS)		Muay Thai (TS)			
6:30 PM		No-Gi BJJ (AP)		No-Gi BJJ (AP)		
7:00 PM	BJJ (JS)	Intro to Boxing	BJJ (JS)	Intermediate Boxing (GP)	Cardio Bag (JC)	
	Advanced Boxing (GP)		Advanced Boxing (GP)			
	Cardio Bag (JC)		Cardio Bag (JC)			

Address:
 27901 Jefferson Ave
 Temecula, CA 92590 P: (951) 506 - 7776

Wrestling: Kids; 4-7yr olds 1hr.
 Kids; w/1+ experience 1hr 45min.
 Teens; 1hr 45min

Kids Club Hours:
 Mon,Wed,Fri : 8:30 AM - 12:30 PM / 3:30 PM - 8:30 PM / Fri 4 - 7PM
 Tues, Thur : 9:00 AM - 12:30 PM / 4 PM - 7:30 PM