



Dan Henderson's Athletic Fitness Center Schedule



Hours: Monday-Friday 8:00 AM - 8:00 PM (unless attending a class), Saturday 8:00 AM - 2:00 PM, Closed Sunday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	Cardio Kickboxing (AY)		Cardio Kickboxing (AY)			
7:00 AM		No Gi Jiu-Jitsu (AP)		No Gi Jiu-Jitsu (AP)		
8:00 AM	8:00 am - 9:00 am BJJ Class Technique Only All Ages (JS)		8:00 am - 9:00 am BJJ Class Technique Only All Ages (JS)			Open Mat (AP)
8:30 AM		Intro S&C (LE)		Intro S&C (LE)	Functional Fitness (AY)	Cardio Bag (RR)
9:00 AM	Muay Thai (TS) Minimum age 16	Muay Thai (TS) Minimum age 16	Muay Thai (TS) Minimum age 16	Muay Thai (TS) Minimum age 16	Muay Thai (TS) Minimum age 16	Kids MMA (TW)
	BJJ (JS) All ages	No Gi Jiu-Jitsu (AP)	BJJ (JS) All Ages	No Gi Jiu-Jitsu (AP)	BJJ (AP)	Intro to Boxing (GP) Minimum age 13
9:15 AM	Cardio Bag (TW)		Cardio Bag (TW)		Cardio Bag (TW)	
9:30 AM	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)	
10:00 AM	Yoga (SK)		Yoga (SK)		Yoga (SK)	Muay Thai (TS) Minimum age 16
	PRO PRACTICE RESERVED					
11:00 AM						Structured Sparring (TW)
3:45 PM	FIGHT FIT (RR)		FIGHT FIT (RR)			
	BJJ I (JS)	KIDS Striking (TW) 3:45 to 5:00 pm	BJJ I (JS)	KIDS Striking (TW) 3:45 to 5:00 pm		
4:00 PM		Wrestling II (AP) Need Coach Approval		Wrestling II (AP) Need Coach Approval	Advanced No Gi Jiu-Jitsu (AP) Youth MMA Team (TW) INVITE ONLY	Instructors: AP- Anthony Paredes AY - Ashley Yoder GP - Gustavo Pugliese JC - Jeff Creighton JS - Joe Stevenson LE - Leanne Ewald RR - Ritchie Rodarte SK- Shannon Kelly TS - Tarec Saffiedine TW - Trevor Wells
4:15 PM	BJJ II (JS)		BJJ II (JS)			
4:30 PM		Cardio Bag (AY)		Cardio Bag (AY)	Cardio Bag (GP)	
	BJJ III (JS)	Wrestling I (AP)	BJJ III (JS)	Wrestling I (AP)		
5:00 PM	Functional Fitness (AY)		Functional Fitness (AY)			
	Cardio Bag (GP)	TEENS MMA (TW)	Cardio Bag (GP)	TEENS MMA (TW)		
	Cage Tactics (JC)		Cage Tactics (JC)	Strength & Conditioning (LE)		
5:30 PM		Cardio Bag (AY)		Cardio Bag (AY)	Muay Thai (TS) Minimum age 16	
	Ammy Practice (JC) INVITE ONLY		Ammy Practice (JC) INVITE ONLY			
6:00 PM	BJJ I (JS)	No Gi Jiu-Jitsu I (AP)	BJJ I (JS)	No Gi Jiu-Jitsu I (AP)		
	Muay Thai (TS) Minimum age 16	Advanced Muay Thai (TS) Need Coach Approval	Muay Thai (TS) Minimum age 16	Advanced Muay Thai (TS) Need Coach Approval		
	BJJ II (AP)	No Gi Jiu-Jitsu II Live (AP)	BJJ II (AP)	No Gi Jiu-Jitsu II Live (AP)		
7:00 PM	Advanced Boxing (GP) Need Coach Approval		Advanced Boxing (GP) Need Coach Approval			
	Cardio Bag (JC)	Intro to Boxing (GP) Minimum age 13	Cardio Bag (JC)	Intermediate Boxing (GP) Need Coach Approval		
27901 Jefferson Ave., Temecula, CA 92590 (951) 506 - 7776 info@dathleticfitnesscenter.com			Kids Club Hours: Monday to Friday: 9:00 AM - 12:00 PM and 3:30 PM - 7:30 PM Saturday: 9:00 AM - 12:00 PM			