



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)		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)		Fight Fit (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	MMA I (TS)
	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
9:00 AM	Cardio Bag (GP)		Cardio Bag (GP)		Cardio (RR)	
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 (GP)
3:45 PM	FIGHT FIT (RR)		FIGHT FIT (RR)			
	BJJ I (JS)	MMA I (AP)	BJJ I (JS)	MMA I (AP)		
4:00 PM					MMA III (AY)	Instructors: AP- Anthony Paredes AY - Ashley Yoder GP - Gustavo Pugliese JS - Joe Stevenson LE - Leanne Ewald RR - Ritchie Rodarte SK- Shannon Kelly TS - Tarec Saffiedine TW - Trevor Wells
4:15 PM	BJJ II (JS)	MMA II (AP)	BJJ II (JS)	MMA II (AP)		
4:30 PM		Cardio Bag (AY)		Cardio Bag (AY)	Cardio Bag (GP)	
5:00 PM	BJJ III (JS)	MMA III (AP)	BJJ III (JS)	MMA III (AP)	Muay Thai (TS) Minimum age 16	
	Functional Fitness (AY)		Functional Fitness (AY)			
	Cardio Bag (GP)	Strength & Conditioning (LE)	Cardio Bag (GP)	Strength & Conditioning (LE)		
	Cage Tactics (RR)		Cage Tactics (TS)			
5:30 PM		Cardio Bag (AY)		Cardio Bag (AY)		
6:00 PM	Fight Fit (RR)				Advanced No Gi Jiu-Jitsu (AP)	
	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		
7:00 PM	BJJ II (AP)	No Gi Jiu-Jitsu II Live (AP)	BJJ II (AP)	No Gi Jiu-Jitsu II Live (AP)		
	Intermediate Boxing (GP) Need Coach Approval		Technical Boxing Sparring (GP) Need Coach Approval			
	Cardio Bag (RR)	Intro to Boxing (GP) Minimum age 13	Cardio Bag (TS)	Intermediate Boxing (GP) Need Coach Approval		

Instructors:
 AP- Anthony Paredes
 AY - Ashley Yoder
 GP - Gustavo Pugliese
 JS - Joe Stevenson
 LE - Leanne Ewald
 RR - Ritchie Rodarte
 SK- Shannon Kelly
 TS - Tarec Saffiedine
 TW - Trevor Wells

Legend:
 Red = Combative
 Green = Fitness
 Blue = Kids & Teens
 Purple = All Ages Welcome
 Yellow = Invite Only

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 info@dhathleticfitcenter.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