



# Dan Henderson's Athletic Fitness Center Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME	
6:30 AM	Cardio Kickboxing (AY)		Cardio Kickboxing (AY)		Cardio Kickboxing (AY)		6:30 AM	
7:00 AM							7:00 AM	
8:00 AM	8:00 am - 9:00 am BJJ Class Technique Only All Ages (JS)	No Gi Jiu-Jitsu (AP)	8:00 am - 9:00 am BJJ Class Technique Only All Ages (JS)	No Gi Jiu-Jitsu (AP)		Open Mat (AP)	8:00 AM	
8:30 AM		Intro S&C (LE)		Intro S&C (LE)		Fight Fit (RR)	8:30 AM	
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)	9:00 AM	
	BJJ (JS) All ages	No Gi Jiu-Jitsu (AP)	BJJ (JS) All Ages	No Gi Jiu-Jitsu (AP)	BJJ (AP)			
9:00 AM	Cardio Bag (GP)		Cardio Bag (GP)		Cardio (RR)	Intro to Boxing (GP) Minimum age 13	9:00 AM	
9:30 AM	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)		9:30 AM	
10:00 AM	Yoga (SK)		Yoga (SK)		Yoga (SK)	Muay Thai (TS) Minimum age 16	10:00 AM	
10:30 AM		RESERVED TEAM QUEST		RESERVED TEAM QUEST	RESERVED TEAM QUEST		10:30 AM	
11:00 AM						Structured Sparring (GP)	11:00 AM	
3:45 PM	FIGHT FIT (RR)		FIGHT FIT (RR)				3:45 PM	
	BJJ I (JS)	MMA I (AP)	BJJ I (JS)	MMA I (AP)				
4:00 PM					MMA III (AY)	<b>Instructors:</b> AP- Anthony Paredes AY - Ashley Yoder GP - Gustavo Pugliese JS - Joe Stevenson LE - Leanne Ewald RR - Ritchie Rodarte SK- Shannon Kelly TS - Tarec Saffiedine	4:00 PM	
4:15 PM	BJJ II (JS)	MMA II (AP)	BJJ II (JS)	MMA II (AP)			4:15 PM	
4:30 PM		Cardio Bag (AY)		Cardio Bag (AY)	Cardio Bag (GP)		4:30 PM	
5:00 PM	BJJ III (JS)	MMA III (AP)	BJJ III (JS)	MMA III (AP)	Muay Thai (TS) Minimum age 16		5:00 PM	
	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)			5:30 PM	
6:00 PM	Fight Fit (RR)				Advanced No Gi Jiu-Jitsu (AP)		<b>Legend:</b> Red = Combative Green = Fitness Blue = Kids & Teens Purple = All Ages Welcome Yellow = 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				
	Intermediate Boxing (GP) Need Coach Approval							
7:00 PM	RESERVE TEAM QUEST	No Gi Jiu-Jitsu II Live (AP)	Technical Boxing Sparring (GP) Need Coach Approval	No Gi Jiu-Jitsu II Live (AP)				
		Intro to Boxing (GP) Minimum age 13	Cardio Bag (TS)	Intermediate Boxing (GP) Need Coach Approval				
			RESERVE TEAM QUEST					

27901 Jefferson Ave., Temecula, CA 92590  
 (951) 506 - 7776  
 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





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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME	
6:30 AM	Cardio Kickboxing (AY)		Cardio Kickboxing (AY)		Cardio Kickboxing (AY)		6:30 AM	
7:00 AM							7:00 AM	
8:00 AM	8:00 am - 9:00 am BJJ Class Technique Only All Ages (JS)	No Gi Jiu-Jitsu (AP)	8:00 am - 9:00 am BJJ Class Technique Only All Ages (JS)	No Gi Jiu-Jitsu (AP)		Open Mat (AP)	8:00 AM	
8:30 AM		Intro S&C (LE)		Intro S&C (LE)		Fight Fit (RR)	8:30 AM	
9:00 AM	Muay Thai (TS) Minimum age 16 BJJ (JS) All ages	Muay Thai (TS) Minimum age 16 No Gi Jiu-Jitsu (AP)	Muay Thai (TS) Minimum age 16 BJJ (JS) All Ages	Muay Thai (TS) Minimum age 16 No Gi Jiu-Jitsu (AP)	Muay Thai (TS) Minimum age 16 BJJ (AP)	MMA I (TS) Intro to Boxing (GP) Minimum age 13	9:00 AM	
9:00 AM	Cardio Bag (GP)		Cardio Bag (GP)		Cardio (RS)		9:00 AM	
9:30 AM	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)	Strength & Conditioning (LE)		9:30 AM	
10:00 AM	Yoga (SK)		Yoga (SK)		Yoga (SK)	Muay Thai (TS) Minimum age 16	10:00 AM	
10:30 AM		RESERVED TEAM QUEST		RESERVED TEAM QUEST	RESERVED TEAM QUEST		10:30 AM	
11:00 AM						Structured Sparring (GP)	11:00 AM	
3:45 PM	FIGHT FIT (RR) BJJ I (JS)	MMA I (AP)	BJJ I (JS)	MMA I (AP)		<b>Instructors:</b> AP- Anthony Paredes AY - Ashley Yoder GP - Gustavo Pugliese JS - Joe Stevenson LE - Leanne Ewald RR - Ritchie Rodarte SK - Shannon Kelly TS - Tarec Saffiedine	3:45 PM	
4:00 PM					MMA II (AY)		4:00 PM	
4:15 PM	BJJ II (JS)	MMA II (AP)	BJJ II (JS)	MMA II (AP)			4:15 PM	
4:30 PM		Cardio Bag (AY)		Cardio Bag (AY)	Cardio Bag (GP)		4:30 PM	
5:00 PM	BJJ III (JS) Functional Fitness (AY) Cardio Bag (GP) Cage Tactics (RR)	MMA III (AP) Strength & Conditioning (LE)	BJJ III (JS) Functional Fitness (AY) Cardio Bag (GP)	MMA III (AP) Strength & Conditioning (LE)	Muay Thai (TS) Minimum age 16		5:00 PM	
5:30 PM		Cardio Bag (AY)		Cardio Bag (AY)			5:30 PM	
6:00 PM	Fight Fit (RR) BJJ I (JS) Muay Thai (TS) Minimum age 16 Intermediate Boxing (GP) Need Coach Approval	No Gi Jiu-Jitsu I (AP) Advanced Muay Thai (TS) Need Coach Approval	BJJ I (JS) Muay Thai (TS) Minimum age 16	No Gi Jiu-Jitsu I (AP) Advanced Muay Thai (TS) Need Coach Approval	Advanced No Gi Jiu-Jitsu (AP)		<b>Legend:</b> Red = Combative Green = Fitness Blue = Kids & Teens Purple = All Ages Welcome Yellow = Invite Only	6:00 PM
7:00 PM	RESERVE TEAM QUEST	No Gi Jiu-Jitsu II Live (AP) Intro to Boxing (GP) Minimum age 13	Technical Boxing Sparring (GP) Need Coach Approval Cardio Bag (TS)	No Gi Jiu-Jitsu II Live (AP) Intermediate Boxing (GP) Need Coach Approval				
			RESERVE TEAM QUEST					
27901 Jefferson Ave., Temecula, CA 92590 (951) 506 - 7776 info@dathleticcenter.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					