



Monday-Thursday

6AM - 9PM

Friday

6AM - 7PM

Saturday

8AM - 5PM

Sunday

10AM - 4PM

The most complete gym in Auburn

(530) 885-2600

LifeAlteringFitness.com

Class Schedule

Day	Time	Class	Instructor
MONDAY	11:30AM - 12:30PM 5:00PM - 6:00PM 5:30PM - 6:30PM 6:30PM - 8:00PM	XTREME BOOT CAMP 6 WEEK CROSSTRAINER CAMP WRESTLING FUNDAMENTALS NO GI TAKEDOWNS AND GRAPPLING	Zach Zach Mike Zach
TUESDAY	11:30AM - 12:30PM 4:00PM - 5:30PM 5:30PM - 6:30PM 6:30PM - 8:00PM	XTREME BOOT CAMP BRAZILIAN JIU-JITSU MMA MUAY THAI, KICKBOXING	Lisette Josh Zach Zach
WEDNESDAY	9:30AM - 10:30AM 4:00PM - 5:00PM 5:00PM - 6:00PM 6:00PM - 7:30PM	CARDIO KICKBOXING KIDS MMA/BJJ 6 WEEK CROSSTRAINER CAMP BRAZILIAN JIU-JITSU	Zach Zach Zach Zach
THURSDAY	11:30AM - 12:30PM 4:00PM - 5:30PM 5:30PM - 6:30PM 6:30PM - 8:00PM	XTREME BOOT CAMP BRAZILIAN JIU-JITSU MMA MUAY THAI, KICKBOXING	Lisette Josh Zach Zach
FRIDAY	9:30AM - 10:30AM 4:00PM - 5:30PM	CARDIO KICKBOXING/CONDITIONING BRAZILIAN JIU-JITSU	Zach Josh
SATURDAY	10AM - 11AM 11AM - 12PM 12PM - 1:30PM	KIDS & ADULTS KICKBOXING GI JIU JITSU FUNDAMENTALS BRAZILIAN JIU-JITSU NOGI	Felipe Felipe Felipe
*Time and classes are subject to change			