

LifeAlteringFitness.com
 (530) 885-2600



THE MOST COMPLETE GYM IN AUBURN

Gym is open **24/7**

Staffed Monday-Thursday

10AM - 8PM

Friday

10AM - 7PM

Saturday

10AM - 5PM

Sunday

Not staffed

Class Schedule

Day	Time	Class	Instructor
MONDAY	10:00AM - 11:00PM	XTREME BOOT CAMP	Zach
	6:00PM - 7:30PM	NO GI WRESTLING AND JIU-JITSU	Zach
TUESDAY	4:00PM - 5:00PM	CONDITIONING AND KICKBOXING	Zach
	4:00PM - 5:30PM	BRAZILIAN JIU-JITSU	Josh
	5:30PM - 6:30PM	BRAZILIAN JIU-JITSU KIDS	Josh
	6:00PM - 7:30PM	MUAY THAI, KICKBOXING	Zach
WEDNESDAY	10:00AM - 11:00AM	CARDIO KICKBOXING	Zach
	4:00PM - 5:00PM	KIDS MMA/BJJ	Zach
	6:00PM - 7:30PM	BRAZILIAN JIU-JITSU	Zach
THURSDAY	10:00AM - 11:00AM	CONDITIONING AND KICKBOXING	Zach
	4:00PM - 5:30PM	BRAZILIAN JIU-JITSU	Josh
	5:30PM - 6:30PM	BRAZILIAN JIU-JITSU KIDS	Natasha
	6:00PM - 7:30PM	MUAY THAI, KICKBOXING	Zach
FRIDAY	10:00AM - 11:00AM	CARDIO KICKBOXING	Zach
	4:00PM - 5:30PM	NO GI WRESTLING AND JIU-JITSU	Zach
SATURDAY	10AM - 11AM	KIDS KICKBOXING	Zach
	11AM - 12PM	OPEN MAT TRAINING	Zach
*Time and classes are subject to change			