



## LASHLEY TRAINING CENTER - MOUNT VERNON

### CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
<b>5:30am - 6:15am - Bootcamp</b> 9:30am - 10:15am - Bootcamp <b>12pm - 12:30pm - Bootcamp</b> 12:30pm - 1pm - Bootcamp <b>4pm - 5pm - CYFP (staff)</b> 4:30pm - 5pm - Lil Pups Martial Arts (3-4 yrs) <b>5pm - 5:30pm - Middle Pups Jiu Jitsu (5-7 yrs)</b> 5:30pm - 6:15pm - Big Pups Jiu Jitsu (8-13 yrs) <b>5:30pm - 6:15pm - Big Pups Advanced Jiu Jitsu (8-13 yrs)</b> 5:30pm - 6:30pm - Xcamp (advanced bootcamp) <b>6:15pm - 7pm - Adult/Teen Intro Jiu Jitsu</b> 6:15pm - 7pm - Adult/Teen Krav Maga <b>6:30 - 7:15pm - Bootcamp</b> 8pm - 9pm - Fit 2 Fight	<b>8:30am - 9:30am - Cardio Drumming 55+</b> 4:30pm - 5pm - Little Kids Ishizue Karate (4-7 yrs) <b>5pm - 5:45pm - Big Kids Ishizue Karate (8-15 yrs)</b> 5:30pm - 6:30pm - Xcamp (advanced bootcamp) <b>5:30pm - 6:30pm - Youth Athlete Strength &amp; Conditioning</b> 5:45pm - 6:30pm - Adult/Teen Ishizue Karate <b>6:30pm - 7:15pm - Bootcamp</b> 6:30pm - 7:30pm - Adult Jiu Jitsu <b>7:15pm - 7:45pm - Kids Boxing (8-13 yrs)</b> 7:45pm - 8:30pm - Adult/Teen Boxing	<b>5:30am - 6:15am - Bootcamp</b> 6am - 6:45am - Adult/Teen Jiu Jitsu <b>9am - 10am - Adult/Teen Jiu Jitsu</b> 9:30am - 10:15am - Bootcamp <b>12pm - 12:30pm - Bootcamp</b> 12:30pm - 1pm - Bootcamp <b>4pm - 5pm - CYFP (staff)</b> 4:30pm - 5pm - Lil Pups Martial Arts (3-4 yrs) <b>5pm - 5:30pm - Middle Pups Jiu Jitsu (5-7 yrs)</b> 5:30pm - 6:15pm - Big Pups Jiu Jitsu (8-13 yrs) <b>5:30pm - 6:15pm - Big Pups Advanced Jiu Jitsu (8-13 yrs)</b> 5:30pm - 6:30pm - Xcamp (advanced bootcamp) <b>6:15pm - 7pm - Adult/Teen Intro Jiu Jitsu</b> 6:15pm - 7pm - Adult/Teen Krav Maga <b>6:30 - 7:15pm - Bootcamp</b> 8pm - 9pm - Fit 2 Fight
THURSDAY	FRIDAY	SATURDAY
<b>8:30am - 9:30am - Cardio Drumming 55+</b> 4:30pm - 5pm - Little Kids Ishizue Karate (4-7 yrs) <b>5pm - 5:45pm - Big Kids Ishizue Karate (8-15 yrs)</b> 5:30pm - 6:30pm - Xcamp (advanced bootcamp) <b>5:30pm - 6:30pm - Youth Athlete Strength &amp; Conditioning</b> 5:45pm - 6:30pm - Adult/Teen Ishizue Karate <b>6:30pm - 7:15pm - Bootcamp</b> 6:30pm - 7:30pm - Adult Jiu Jitsu <b>7:15pm - 7:45pm - Kids Boxing (8-13 yrs)</b> 7:45pm - 8:30pm - Adult/Teen Boxing	<b>5:30am - 6:15am - Bootcamp</b> 6am - 6:45am - Adult/Teen Jiu Jitsu <b>9am - 10am - Adult/Teen Jiu Jitsu</b> 9:30am - 10:15am - Bootcamp <b>12pm - 12:30pm - Bootcamp</b> 12:30pm - 1pm - Bootcamp <b>4pm - 5pm - CYFP (staff)</b> 6pm - 8pm - No Gi Jiu Jitsu Open Mat <b>8pm - 9pm - Fit 2 Fight</b>	<b>8am - am - Cardio Drumming</b> 9:15am - 9:45am - Middle Pups Jiu Jitsu (5-7 yrs) <b>9:45am - 10:30am - Big Pups Jiu Jitsu (8-13 yrs)</b> 9:45am - 10:30am - Big Pups Advanced Jiu Jitsu (8-13 yrs) <b>10am - 10:45am - Bootcamp</b> 10:30am - 11am - Kids Open Mat (6 yrs and up) <b>10:30am - 11:15am - Adult/Teen Krav Maga</b> 10:30am - 11:15am - Karate Tournament Prep <b>11am - 12pm - Open Mat Jiu Jitsu &amp; Karate</b> 5pm - 5:45pm - Karate Tournament Prep
SUNDAY	PERSONAL TRAINING	
<b>9am - 10am - Cardio Drumming</b> 11:30am - 12:30pm - Open Mat <b>5pm - 5:45pm - Fit 2 Fight</b>	<i>Personal Training - Fully customizable! Includes unlimited gym access, accelerated programs, and personalized fitness and/or martial arts goals! Private, semi-private, or group.</i> <b>110% FREE INTRO &amp; CONSULTATION! Book <a href="#">HERE</a> or text/call 740-398-7410</b> Email: <a href="mailto:ljjamartialarts@gmail.com">ljjamartialarts@gmail.com</a>	