

MONSTER AEROBICS JANUARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Monster Boxing 45 Mins Craiger Dude		Monster Boxing 45 Mins Craiger Dude		Monster Boxing 45 Mins Steve	
6:00am	Monster Band Muscle Pump 30 Mins Craiger Dude		Monster Band Muscle Pump 30 Mins Craiger Dude			
8:10am	Monster Band 30 Mins Craiger Dude		Monster Band 30 Mins Craiger Dude	Next Level Workout 45 Mins Nikki and Craiger Dude		
9:00am	Monster Boxing 60 Mins Steve	Monster Boxing 60 Mins Craiger Dude	Monster Boxing 60 Mins Steve	Monster Boxing 60 Mins Craiger Dude	Monster Boxing 60 Mins Steve	Monster Boxing 60 Mins Alan
9:00am		Monster Stability Ball Weights-60 mins Denise				
10:00am		Monster Flex /Strength 60 Mins Denise			Monster Stability Ball Weights-60 mins Denise 10:15am	Monster Boxing 60 Mins Alan
5:00pm	Monster Boxing 60 Mins Jeremy	Monster Kickboxing 60 Mins Craiger Dude	Monster Boxing 60 Mins Maxx	Monster Kickboxing 60 Mins Craiger Dude	5:30 Jazzercise 45 Mins Tanya	
6:00pm	Monster Boxing 60 Mins Jeremy	Monster Boxing 60 Mins Alan	KRAV MAGA 60 Mins Alan	Monster Boxing 60 Mins Steve	Monster Boxing 60 Mins Steve	
6:00pm	KRAV MAGA 60 Mins Alan	Next Level Workout 45 Mins Nikki and Craiger Dude	Monster Boxing 6:30 Jazzercise 60 Mins 45 Mins Jeremy Tanya			
7:00pm	Monster Boxing 60 Mins Craiger Dude	Monster Boxing 60 Mins Jeremy	KRAV MAGA 60 Mins Alan			
7:00pm	KRAV MAGA 60 Mins Alan		Monster Boxing 60 Mins Craiger Dude			
8:00pm	Monster Yoga 60 Mins Marcia		Rebalance Yoga 60 Mins Jason	Restore Yoga 60 Mins Jason		

Little Monsters Clubhouse – Open Mon. – Thurs. (8am to 1pm, 4pm to 9pm), Fri. (8am to 1pm, 4pm to 7pm) & Saturday (8am to Noon). Closed Sunday. Age limit is 6 months to 12 years old
 Monster Fitness is open Mon.-Thurs. from 5am to Midnight and Fri., Sat., Sun. from 5am to 10pm. 44840 Valley Central Way, Space 101, Lancaster, CA 93536 | (661) 723-8900
 All classes, times and instructors subject to change and/or cancellation. Guest pass members may attend 1 aerobic class. Child Care is \$5 per child, per hour for non-members.