

Uppercut Gym Instructor Schedule

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 gym closed	2 12 CT Tabitha 5:00 IC Jeremy 6:00 CT Vanessa 6:15 Focus1 Lisa 6:30 Intro no class Desk: Katie B.(open)	3 9:30 RSB James B/Kat 12 IC James B 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Elliott Desk Bailey (open)	4 5:30 IC Peter	5 9:00 Focus 2 Bryan 10:00 CT Peter 11:00 Teen Peter, Meri Elliott Desk: Bailey
6 <u>Teen Sparring</u> Tues & Thurs 6pm <u>Adult Sparring</u> Mon – Thurs 5:30pm-ends Sat 8am-noon	7 12 CT Kim 5:00 IC Sarah 6:00 CT Seko 6:15 Focus 1 Peter 6:30 ABT Sarah Desk:Franny (open)	8 9:30 RSB Katie/Kim 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O 7:00 U&F Alex F Desk: Franny (open)	9 12 CT Tabitha 5:00 IC Vanessa 5:30 Drills Ray 6:00 CT Jeremy 6:15 Focus1 Sarah 6:30 Intro Lisa Desk: Katie B.(open)	10 9:30 RSB Kat/James B 12 IC James B 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H Desk:Bailey (open)	11 5:30 IC Peter	12 8:00 RSB Jeremy 9:00 Focus 2 Sarah 10:00 CT Peter 11:00 Teen;Peter,Jeremy Sarah Desk: Franny
13	14 12 CT Tabitha 5:00 IC Brie 6:00 CT Seko 6:15 F1 Peter Desk: Franny (open)	15 9:30 RSB JeremyKatie 12 IC Jeremy 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. 7:00 U&F Alex F Desk: Mary (open)	16 12 CT Tabitha 5:00 IC Jeremy 6:00 CT Vanessa 6:15 Focus1 Jeremy 6:30 Intro Lisa Desk: Katie B.(open)	17 9:30 RSB James B/Kat 12 IC James B 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H. Desk Bailey (open)	18 5:30 IC Chris	19 8:00 RSB Kim/Meri 9:00 Focus 2 Lisa 10:00 CT Jeremy 11:00 Teen Jeremy,Meri Elliott Desk: Katie
20	21 12 CT Kim 5:00 IC Tabitha 6:00 CT Seko 6:15 Focus 1 Jeremy Desk: Franny (open)	22 9:30 RSB Kim/Katie 12 IC Kim 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 no class 7:00 U&F Alex F Desk:Mary (open) Tool & Dye show	23 12 CT Tabitha 5:00 IC Sarah 5:30 Drills Alfonso 6:00 CT Vanessa 6:15 Focus1 Jacob 6:30 Intro Sarah Desk: Katie B.(open)	24 9:30 RSB James/Jeremy 12 IC James B 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H. Desk:Bailey (open)	25 5:30 IC Peter	26 8:00 RSB Jeremy/Meri 9:00 Focus 2 Lisa 10:00 CT Peter 11:00 Teen;Peter,Jeremy Tabitha Desk: Brie
27	28 12 CT Tabitha 5:00 IC Sarah 6:00 CT Seko 6:15 Focus 1 Peter 6:30 ABT Sarah Desk: Katie B. (open)	29 9:30 RSB Katie/Kim 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. 7:00 U&F Alex F Desk:Katie B. (open)	30 12 CT Tabitha 5:00 IC Sarah 6:00 CT Vanessa 6:15 Focus1 Lisa 6:30 Intro Sarah Desk:Bailey (open)	31 9:30 RSBJeremy/Kat 12 IC Jeremy 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H Desk: Lisa (open)		

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