

Uppercut Gym Instructor Schedule

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 RSB James/Jeremy 12 IC James B 5:30 B&B Jim 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Elliott Desk: Lisa (open)	2 5:30 IC Peter	3 8:00 RSB Kim 9:00 Focus 2 Bryan 10:00 CT Peter 11:00 Teen Peter, Elliott Desk: Mary
4 <u>Teen Sparring</u> Tues & Thurs 6pm <u>Adult Sparring</u> Mon – Thurs 5:30pm-ends Sat 8am-noon	5 12 CT Kim 5:00 IC Vanessa 6:00 CT Seko 6:15 Focus 1 Peter 6:30 ABT Brie Desk:Mary (open)	6 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 Desk: Mary (open)	7 12 CT Tabitha 5:00 IC James B 6:00 CT Vanessa 6:15 Focus1 Jacob 6:30 Intro James B. Desk: Katie B.(open)	8 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)	9 5:30 IC Chris	10 9:00 Focus 2 Sarah 10:00 CT Peter 11:00 Teen;Peter,Elliott, Sarah Desk: Franny
11	12 12 CT Tabitha 5:00 IC Jeremy 6:00 CT Seko 6:15 F1 Peter Desk: Franny (open)	13 9:30 RSB James B/Kat 12 IC James B 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary (open)	14 12 CT Tabitha 5:00 IC Sarah 5:30 Drills Ray 6:00 CT Vanessa 6:15Focus1 Lisa 6:30 Intro Sarah Desk: Katie B.(open)	15 9:30 RSBKim/Jeremy 12 IC Kim 5:30 B&B Jim 6:00 Kick Seko 6:30 Bag Andy 7 :00 Teen2 Jason H. Desk Bailey (open)	16 5:30 IC Peter	17 8:00 RSB Kim 9:00 Focus 2 Sarah 10:00 CT Peter 10:30 Intro Lisa 11:00 Teen Peter,Sarah Tabitha Desk: Bailey
18	19 12 CT Tabitha 5:00 IC Sarah 6:00 CT Seko 6:15 Focus 1 Peter 6:30 ABT Sarah Desk: Franny (open)	20 9:30 RSB Kim/Katie 12 IC Kim 5:30 B&B Jim 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk:Mary (open)	21 Gym hours 10am – 1:30pm 12 CT Lisa	22 Gym is closed	23 Gym hours 10am -1:30pm 12 CT Peter	24 Gym hours 8am-noon 9am-11am IC Lisa/Peter 10:00am IC Canceled 11:00 Teen Peter, Tab Lisa
25	26 12 CT Kim 5:00 IC Brie 6:00 CT Seko 6:15 F1 Peter Desk: Tabitha (open)	27 9:30 RSB Kim/Kat 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary (open)	28 12 CT Tabitha 5:00 IC Sarah 5:30 Drills Alfonso 6:00 CT Vanessa 6:15 F1 Sarah 6:30 Intro Lisa Desk Katie B.(open)	29 9:30 RSBJeremy/James 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)	30 5:30 IC Peter	

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