

Uppercut Gym Instructor Schedule

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	1 12 CT Kim 5:00 IC Brie 6:00 CT Seko 6:30 Intro Lisa 6:15 F1 Peter Desk: Franny (open)	2 9:30 RSB Lisa/Kaite 12 IC Lisa 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 Jeremy Desk: Franny (open)	3 12 CT Tabitha 5:00 IC Sarah 5:30 Drills Alfonso 6:00 CT Vanessa 6:15 Focus1 Sarah 6:30 Intro Lisa Desk: Katie B.(open)	4 9:30 RSB Jeremy/Katie 12 IC Lisa 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Elliott Desk: Lisa (open)	5 5:30 IC Chris	6 8:00 RSB Jeremy 9:00 Focus 2 Sarah 10:00 CT Alex F. 11:00 Teen Sarah, Joe Desk: Mary Price Reception 1:00
7 <u>Teen Sparring</u> Tues & Thurs 6pm <u>Adult Sparring</u> Mon – Thurs 5:30pm-ends Sat 8am-noon	8 12 CT Kim 5:00 IC Vanessa 6:00 CT Seko 6:15 Focus 1Peter 6:30 ABT Sarah Desk:Mary (open)	9 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)	10 12 CT Tabitha 5:00 IC Sarah 6:00 CT Vanessa 6:15 Focus1 James B 6:30 Intro Sarah Desk: Katie B.(open)	11 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)	12 Gym is closed Private Event	13 9:00 Focus 2 Kim 10:00 CT Peter 10am Intro Sarah, James 11:00 Teen;Peter,Elliott,Joe Desk: Franny Gym's 22 year anniv
14	15 12 CT Kim/Jeremy? 5:00 IC Vanessa 6:00 CT Seko 6:15 F1 Peter Desk: Franny (open)	16 9:30 RSB Katie/James B 12 IC James B 5:30 B&B Jim 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary (open)	17 12 CT Tabitha 5:00 IC Lisa 5:30 Drills Alfonso 6:00 CT Vanessa 6:15Focus1 Lisa 6:30 Intro James B. Desk: Katie B.(open)	18 9:30 RSBKim/Jeremy 12 IC Kim 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H. Desk Bailey (open)	19 5:30 IC Peter	20 8:00 RSB Jeremy 9:00 Focus 2 Lisa 10:00 CT Peter 11:00 Teen Jeremy,Peter Desk: Bailey Out of the box event 1pm
21	22 12 CT Kim 5:00 IC Sarah 6:00 CT Seko 6:15 Focus 1 Peter 6:30 ABT Sarah Desk: Brie (open) Need an opener 4	23 9:30 RSB Kim/Katie 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk:Mary (open)	24 12 CT Jeremy 5:00 IC Lisa 6:00 CT Vanessa 6:15 Focus1 Jacob V. 6:30 Intro Lisa Desk Katie B.(open)	25 9:30 RSBJeremy/James 12 IC James 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H Desk:Bailey (open)	26 5:30 IC Peter	27 9:00 Focus 2 Peter 10:00 CT Alex F. 11:00 Teen CANCELED Desk: Brie Boxing at Uppercut
28	29 12 CT Kim 5:00 IC Brie 6:00 CT Seko 6:15 F1 Peter Desk: Franny (open)	30 9:30 RSB Kim/Katie 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary (open)	31 12 CT Jeremy 5:00 IC James B 5:30 Drills Staff 6:00 CT Vanessa 6:15 F1 Lisa 6:30 Intro No Class Desk Katie B.(open)			

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