



\*All classes are subject to change\*

November 28th - February 18th

No Classes: Dec. 24-Jan. 2, Jan. 16

## Winter Session 2011 - 2012 KidFit Schedule

### YOUTH AGES 3-5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:20 - 4:50pm Tough Tiny Tots Youth Studio 2 (3rd floor)	4:30 - 5:00pm Tough Tiny Tots Youth Studio 2 (3rd floor)	4:00 - 4:30pm Tough Tiny Tots Youth Studio 2 (3rd floor)	4:00 - 4:30pm Tough Tiny Tots Youth Studio 2 (3rd floor)	5:00 - 5:35pm Zumbatomic Group x Studio 2 (Ages 4-6)	

### YOUTH AGES 6-9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:50 - 5:30pm Fun Fitness Youth Studio 2 (3rd floor)	5:00 - 5:35pm Fun Fitness (Girls Only) Youth Studio 2 (3rd floor)	4:30 - 5:05pm Fun Fitness Youth Studio 2 (3rd floor)	4:30 - 5:05pm Fun Fitness (Boys Only) Youth Studio 2 (3rd floor)	5:45 - 6:30pm Zumbatomic Group x Studio 2 (Ages 8+)	

### YOUTH AGES 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-5:35pm Fun Fitness (Girls Only) Youth Studio 2 (3rd floor)		4:30 - 5:05pm Fun Fitness (Boys Only) Youth Studio 2 (3rd floor)	5:45 - 6:30pm Zumbatomic Group x Studio 1 (Ages 8+)	

Youth Studio 2 - located on the 3rd floor in the old TKD studio

**\*Unlimited Youth Boxing and MMA classes are available to children age 14 and under with the NAC Family Plus Programs Membership.**

Please see the MMA schedule for classes, which are held next door in Big Leagues Academy.