

October 2026

FITNESS CLASSES



SUN

MON

TUE

WED

THU

FRI

SAT

NON-MKA STUDENTS 10 CLASSES / \$75 20 CLASSES / \$140 \$60/MONTH UNLIMITED BUNDLE PRICING AVAILABLE FOR MKA STUDENTS/FAMILIES ALL CLASSES ARE \$10 OR A CLASS CARD MAY BE PURCHASED! *FRIDAY NIGHT YOGA NOT INCLUDED FOR CLASS CARDS. CASH ONLY - \$10		MKA STUDENTS 10 CLASSES / \$65 20 CLASSES / \$120		1 6:45PM - CIRCUIT TRAINING	2	3 9AM - CIRCUIT TRAINING
4	5 6PM - KICKBOXING	6 5:30PM - YOGA 6:30PM - YOGA	7 5:45PM - SCULPT & CARDIO YOGA	8 NO CLASS	9 5:30PM - YOGA (CASH ONLY)	10 9AM - CIRCUIT TRAINING
11	12 6PM - KICKBOXING	13 5:30PM - YOGA 6:30PM - YOGA	14 6PM - KICKBOXING	15 6:45PM - CIRCUIT TRAINING	16	17 9AM - CIRCUIT TRAINING
18	19 6PM - KICKBOXING	20 5:30PM - YOGA 6:30PM - YOGA	21 5:45PM - SCULPT & CARDIO YOGA	22 6:45PM - CIRCUIT TRAINING	23 5:30PM - YOGA (CASH ONLY)	24 9AM - CIRCUIT TRAINING
25	26 6PM - KICKBOXING	27 5:30PM - YOGA 6:30PM - YOGA	28 6PM - KICKBOXING	29 6:45PM - CIRCUIT TRAINING	30	31 9AM - CIRCUIT TRAINING

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