

# january 2026

## FITNESS CLASSES



SUN

MON

TUE

WED

THU

FRI

SAT

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

468 DELAWARE AVE  
PALMERTON

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