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**Schedule - Schedule subject to change**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM	HIIT:60 (LB)	HIIT:60 (LB)	Boxing (MW)	HIIT:60 (LB)	HIIT:60 (LB)	9:00AM: HIIT:60 (JM) Youth Boxing (6-12) (NC)  10:00AM Boxing (WA) CrossFit (JM)
9:30-10:30AM	Yoga (SG)		Yoga (RS)		Yoga (RS)	11:00AM Ghost Team BJJ (BF)
11:00-Noon	HIIT:60 (MB)	HIIT:60 (MB)	HIIT:60 (MB)	HIIT:60 (MB)	HIIT:60 (MB)	
Noon-12:30PM	Express Box (WA)	Express Box (WA)	Express Box (WA)	Express Box (WA)		
1:00-2:00PM		Ghost Team BJJ (NC)		Ghost Team BJJ (NC)		
3:30-4:30PM				Taekwondo Competition Team Practice (MW)		
4:30-5:30PM	Ghost Team Youth BJJ (6-12) (NC)  CrossFit (JM)	Ghost Team Youth BJJ (6-12) (NC)  Sports Performance (8+) (MB)	Ghost Team Youth BJJ (6-12) (NC)  CrossFit (JM)	Ghost Team Youth BJJ (6-12) (NC)  Sports Performance (8+) (MB)		<b>Sunday</b> 10:00AM: HIIT:60 (LB)  Noon: Ghost Team (BF)
5:30-6:30PM	Boxing (MW)  HIIT:60 (MB)	Boxing (WA)  CrossFit (JM)	Boxing (WA)  HIIT:60 (LB)	Boxing (WA)  CrossFit (JM)		
6:30-7:30PM	Beg/Int. Family Taekwondo (5+) (MW)  Sports Performance (8+) (MB)	Adv/Black Belt Family Taekwondo (5+) (MW)  HIIT:60 (13+) (LB)	Beg/Int. Family Taekwondo(5+) (MW)  Sports Performance (8+) (MB)	Adv/Black Belt Family Taekwondo (5+) (MW)  HIIT:60 (LB)		<b>Hours of Operation</b>  <b>Mon-Fri: 4:30am-9pm</b>  <b>Sat/Sun: 4:30am-5pm</b>
7:30-8:30 PM	Ghost Team BJJ (BF)  <u>Closed from 9:30pm to 10:30pm for cleaning</u>	Ghost Team BJJ (BF)  <u>Closed from 9:30pm to 10:30pm for cleaning</u>	Ghost Team BJJ (BF)  <u>Closed from 9:30pm to 10:30pm for cleaning</u>	Ghost Team BJJ (BF)  <u>Closed from 9:30pm to 10:30pm for cleaning</u>		<b>Closed for cleaning from 9:30pm to 10:30pm</b>  (Open 24-Hour for members)

(LB)-Lydia Baker (MB)-Mike Baker (MW)-Mike Weaver Sr. (WA)-Will Ashcraft (NC)-Neal Craft (PW)-Parker Wilken (JM)-Josh Mustovich (BF)-Bodhi Freeman (RS)-Ronda Stanoikovich (SG)-Shannon Grauzer (All adult classes are for ages 13 and up)