

# Copeland's Core Fitness Class Schedule

New Classes or Times are in Blue and *Begin October 13<sup>th</sup>*

Classes subject to change; check back frequently or join my newsletter to stay up to date on class schedules and free training articles.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 – 12:30 PM							11:30 – 12:25 PM <b>Kettlebell Fitness</b> All Levels <i>Starts October 13<sup>th</sup></i>
12:30 – 1:30 PM		12:30 – 1:25 PM <b>Kettlebell Fitness</b> Train w Brian All Levels		12:30 – 1:25 PM <b>Kettlebell Fitness</b> Train w Brian All Levels		12:30 – 1:25 PM <b>Kettlebell Fitness</b> Train w Brian All Levels	
1:30 – 2:30 PM							
2:30 – 3:30 PM							
3:30 – 4:30 PM							
4:30 – 5:30 PM							
5:30 – 6:30 PM					<i>Self-Defense class removed Starts October 13<sup>th</sup></i>		
6:30 – 7:30 PM		6:30 PM to 7:25 PM <b>Self Defense/</b> Martial Arts All Levels <i>Starts October 13<sup>th</sup></i>	6:30 PM to 7:25 PM Kettlebell Fitness All Levels	6:30 PM to 7:25 PM <b>Self Defense/</b> Martial Arts All Levels <i>Starts October 13<sup>th</sup></i>	6:30 PM to 7:25 PM Kettlebell Fitness All Levels	6:30 PM to 7:25 PM <b>Self Defense/</b> Martial Arts All Levels <i>Starts October 13<sup>th</sup></i>	
7:30 – 8:30 PM				7:30 PM to 8:25 PM <b>Kettlebell Fitness</b> All Levels <i>Starts October 13<sup>th</sup></i>		7:30 PM to 8:25 PM <b>Kettlebell Fitness</b> All Levels <i>Starts October 13<sup>th</sup></i>	
8:30 – 9:30 PM							

Contact Brian for kettlebell or Self Defense/ Martial Arts classes [brian@bccorefitness.com](mailto:brian@bccorefitness.com) 303-435-0025

Private sessions and semi-private group trainings are available by appointment.

Learn more: [www.bccorefitness.com](http://www.bccorefitness.com) & [www.progressivecombatsystems.com](http://www.progressivecombatsystems.com)