

Class Schedule

For Copeland's Core Fitness & Progressive Combat Systems

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 am						11:30 am – 12:30 pm GUTS, BUNS & GUNS: Kettlebell Fitness
12:00						
12:30	12:30 pm– 1:45 pm GUTS, BUNS & GUNS: Kettlebell Fitness <i>Train w Brian</i>		12:30 pm– 1:45 pm GUTS, BUNS & GUNS: Kettlebell Fitness <i>Train w Brian</i>		12:30 pm– 1:45 pm GUTS, BUNS & GUNS: Kettlebell Fitness <i>Train w Brian</i>	
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00						
5:30						
6:00	6:30 pm to 7:30 pm Self Defense <i>Beginner Level</i>	6:30 pm to 7:30 pm GUTS, BUNS & GUNS: Kettlebell Fitness	6:00 pm to 7:30 pm Jeet Kune Do Self Defense/ Martial Arts	6:30 pm to 7:30 pm GUTS, BUNS & GUNS: Kettlebell Fitness	6:00 pm to 7:30 pm Jeet Kune Do Self Defense/ Martial Arts	
6:30						
7:00						
7:30	7:30 pm to 8:30 pm Kettlebell Fitness <i>Beginner Level</i>		7:30 pm to 8:30 pm GUTS, BUNS & GUNS: Kettlebell Fitness		7:30 pm to 8:30 pm GUTS, BUNS & GUNS: Kettlebell Fitness	
8:00						
8:30						
9:00						

Contact Brian for Kettlebell/Z-Health/Fitness or Self Defense/Jeet Kune Do/Martial Arts classes
@ brian@bccorefitness.com or 303-435-0025

Private sessions and Semi-Private trainings are available by appointment.

Learn more: www.bccorefitness.com & www.progressivecombatsystems.com