



CLASS SCHEDULE

SHAWN J. STALLWORTH'S PANTHER ENERGY TOTAL FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DIET IS KEY	PANTHER TAE KWON DO... panther style, while learning power	discipline	CARDIO BOXING... nd boxing skills and become a â€	focus	RENGTH TRAINING & CARDI... ing, non-stop strengthening and	practice
10:00-10:45 CARDIO BOXING		10:00 - 10:45 CARDIO BOXING		10:00 - 10:45 CARDIO BOXING	9:00-9:45 CARDIO FUSION	10:00-11:00 CARDIO BOXING
11:00 - 11:45 LOW BELT TAE KWON DO	PRIVATE SESSIONS BY APPOINTMENT	11:00 - 11:45 ALL BELT TKD/SPARRING	PRIVATE SESSIONS BY APPOINTMENT	11:00 - 11:45 ALL BELT TAE KWON DO	10:00 - 10:45 Ninja Kids Tae Kwon Do	
				PRIVATE SESSIONS BY APPOINTMENT	11:00 - 11:45 ADULT FORMS	
5:00 - 5:30 (4-7 YRS) CUBS 1 TAE KWON DO		5:00 - 5:30 (4-7 YRS) CUBS 1 TAE KWON DO			12:00 - 12:45 BLACK BELT	
5:30 - 6:00 (4-7 YRS) CUBS 2 TAE KWON DO	PRIVATE SESSIONS BY APPOINTMENT	5:30 - 6:00 (4-7 YRS) CUBS 2 TAE KWON DO	PRIVATE SESSIONS BY APPOINTMENT			
6:00-6:45 (8-13 YRS) PANTHERS 1 TAE KWON DO		6:00-6:45 (8-13 YRS) PANTHERS 2 TAE KWON DO	6:00 - 6:45 (8-13 YRS) PANTHERS 1 & 2 TAE KWON DO (NE			PRIVATE SESSIONS BY APPOINTMENT
7:00 - 7:45 CARDIO BOXING	7:00 - 7:45 ALL BELT AE KWON DO	7:00 - 7:45 CARDIO BOXING	7:00 - 7:45 CIRCUIT STRENGTH TRAINING & CAR	7:00 - 7:45 CARDIO BOXING	PRIVATE SESSIONS BY APPOINTMENT	
8:00 - 8:45 LOW BELT TAE KWON DO	8:00 - 8:45 YOGA	8:00 - 8:45 ALL BELT TKD/SPARRING	8:00 - 8:45 HIGH BELT TAE KWON DO			

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